

Supplementary material for Bertheussen GF, et al. Feasibility and changes in symptoms and functioning following inpatient cancer rehabilitation. Acta Oncologica, 2012;51:1070–1080.

Supplementary Table I. Primary stay.

Week 1 T1	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
07.30: Breakfast	Breakfast	Breakfast 08.30–09.00 Morning session	Breakfast 08.35–09.00 Morning session	Breakfast 09.00–10.00 Exercises in gym Light to moderate intensity (2–4*) Half of the group	Breakfast 08.30–09.15 Introduction to swimming pool exercises Light intensity (2*)
	Arrival	08.35–09.30 Group talk: Expectations and ground rules		09.30–10.30 Group talk: Mental reactions 1	Self-defined time
11.30: Lunch	Lunch 13.00–14.00 Welcome session Get familiar Aims of the stay	Lunch 12.30–13.15 Introduction to pole walk, Light intensity (2*) Half of the group 14.45–15.30 Half of the group	Lunch 13.00–14.00 Exercise in gym. Light to moderate intensity (2–4*) Half of the group 14.30–15.30 Teaching: The diet as a healthy factor	Lunch 12.30–14.00 Lecture: The doctor's class 14.15–15.00 Outdoor activity Pole walk. Light to moderate intensity (2–4*) Stop smoking	Lunch 12.00 Restitution 16.00 Relaxation
15.30: Dinner	Dinner Self-defined time Relaxation	Dinner 17.30 Relaxation	Dinner Self-defined time	Dinner Self-defined time 15.00–15.15 Time of reflection	Dinner
19.00: Supper	Supper	Supper	Supper	Supper	Supper

Self-defined time: This is time where you choose the content. Examples are exercises, restitution, recreation, cultural activities etc. The facilities of the center are available for use!

*refers to the Borg CR10 scale.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
2 T1						
07.30:	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast 09.00
	08.30 Morning session	08.30 Morning session	08.00–08.30 Walking to work/nutrition	08.35 Morning session	08.00–08.30 Walking to work	
	09.00–10.00 Introduction to spinning Moderate to hard intensity (3–7*)	08.45–10.00 Group talk: Mental reactions 2 Group 1 Group 2	08.30–09.15 Group 1: Exercises in, swimming pool, Light to moderate intensity (2–4*)	09.15–10.00 Group 2: Exercises in swimming pool, Light to moderate intensity (2–4*)	09.00–10.00 Spinning Moderate to hard intensity (3–7*)	08.30–09.15 Group 1: Exercises in swimming pool Light intensity (2*)
	10.30–11.15 Teaching: Costs and benefits of everyday activities; how to balance demands and choices	10.30–11.30 Group talk: Forum theater	10.15–11.30 Group talk: Resources	10.30–11.30 Information from the Managing Director	10.30–11.30 Teaching: The working life	Self-defined time
11.30:	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch 12.00
	Restitution 13.00–14.30 Swimming pool, Light intensity (2*)	12.30–14.30 Excursion Light to moderate intensity (2–4*)	Restitution 13.00–14.00 Exercises in the gym Moderate intensity (3–4*)	Restitution 13.00–14.30 Pole walk Light to moderate intensity (2–4*)	Restitution 13.00–14.00 Job satisfaction Group 1 Group 2 Gym 1 Moderate intensity (3–4*)	Restitution Sunday 16.00 Relaxation
	14.30–15.15 Self-defined time (fitness studio available)	14.30–15.15 Stop smoking	14.30–15.15 Relaxation with time of reflection	14.30–15.15 Self-defined time/Stop smoking		
15.30:	Dinner	Dinner	Dinner		Dinner	Dinner
	17.30 Relaxation	Self-defined time	17.30 Relaxation	18.00 Røros-eve	Self-defined time	
19.00:	Supper	Supper	Supper		Supper	Supper

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday		
3 T1								
07.30:	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast 09.00		
	08.30 Morning session	08.30 Morning session		8.40 Morning session	8.30 Morning session			
	09.00–10.00 Spinning Moderate to hard intensity (3–7*)	08.45–09.45 Heart- and lung rescue	08.30–09.15 Group 1: Exercises in swimming pool Light intensity (2*)	09.15–10.00 Group 2: Exercises in swimming pool Light intensity (2*)	10.00–14.30 Excursion Light to moderate intensity (2–4*)	08.45–09.30 Group 2: Exercises in swimming pool Light to moderate intensity (2–4*)	09.30–10.30 Group 1: Exercises in swimming pool Light to moderate intensity (2–4*)	Self-defined time Self-planned activities based on the aims
	10.30–11.30 Lecture: Patient rights	10.30–11.30 Group talk, group 1	10.30–11.30 Lecture of exercises group 2	Self-defined time	10.30–11.30 Group talk, group 2 with family			
11.30:	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch 12.00		
	Restitution 13.00–14.30 Horse riding Light intensity (2*)	Restitution 13.00–14.00 Lecture of exercises, group 1	Restitution 12.45–13.45 Exercises in the gym Moderate intensity (3–4*)	Restitution 13.00–14.00 Group talk, group 1 with family	Restitution 13.00–14.00 Group talk, group 1 with family	13.00–14.00 Gym group 2 with family and children, group 1	Sunday 17.00 Relaxation	
	14.30–15.15 Self-defined time Stop smoking	Self-defined time	14.00–15.00 Group talk: Forum theater	14.30–15.00 Summing up the day's program				
15.30:	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner		
	17.30 Relaxation	Self-defined time	17.30 Relaxation	Self-defined time	Self-defined time			
19.00:	Supper	Supper	Supper	Supper	Supper	Supper		

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Week	Monday		Tuesday	
4 T1				
07.30:	Breakfast		Breakfast	
	08.30 Morning session		08.30–09.30 Group talk: The period at home and aims	
	08.45–09.45 Spinning Moderate to hard intensity (3–7*)			
	10.00–10.30 Lymph drainage	10.00–11.30 Individual conversations	K1. 10.00–10.30 Evaluation and questionnaires	
11.30:	Lunch		Lunch	
	12.15 Individual conversations, continuation		Journey home	
	13.00–14.00 Lecture: Establishing new dietary habits			
	14.30–15.30 Horse riding Light intensity (2*)			
	Dinner			
	17.30 Relaxation			
19.00:	Supper			

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Follow-up stay

Week 1 T2	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
07.30:	Breakfast Arrival	Breakfast 8.30 Morning session with questionnaires 09.15–10.15 Exercises in swimming pool Light intensity (2*) 10.45–11.30 Group talk: Diet discussions	Breakfast 8.30 Morning session 09.15–10.15 Spinning Moderate to hard intensity (3–7*) Self-defined time	Breakfast 09.00–10.00 Exercises in swimming pool Light intensity (2*) Kl. 10.30–11.30 Group talk: group. 1	Breakfast 09.00 Self-defined time Self-planned activities based on the aims
11.30:	Lunch 13.00–14.00 Experiences from the period at home	Lunch Restitution 13.00–14.00 Exercises in the gym Moderate intensity (3–4*) Self-defined time 15.00–15.15 Mindfulness exercises and reflection time	Lunch Restitution Self-defined time	Lunch Restitution 12.30–13.30 Group talk: group.2 14.00–15.15 Exercises in the gym with time of reflection Moderate intensity (3–4*)	Lunch Restitution Facilities of the house are available for you
15.30:	Dinner Self-defined time	Dinner 18.00 Relaxation Supper	Dinner Self-defined time	Dinner 18.00 Relaxation Supper	Dinner 18.00 Relaxation Supper
19.00:	Supper	Supper	Supper	Supper	Supper

Self-defined time: This is time where you choose the content. Examples are exercises, restitution, recreation, cultural activities etc.

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Week 2 T2	Monday	Tuesday
07.30:	Breakfast 08.30 Morning meeting 10.00–15.00 Excursion Light to moderate intensity (2–4*)	Breakfast 08.30–09.15 Spinning Moderate to hard intensity (3–7*) Group talk 10.00–10.30 Gathering with coffee in the reception area
11.30:		Lunch Thank you for the collaboration and best of luck for the future!
15.30:	Dinner	
19.00:	Supper	

Self-defined time: This is time where you choose the content. Examples are exercises, restitution, recreation, cultural activities etc.

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