

The Neo-ACT trial

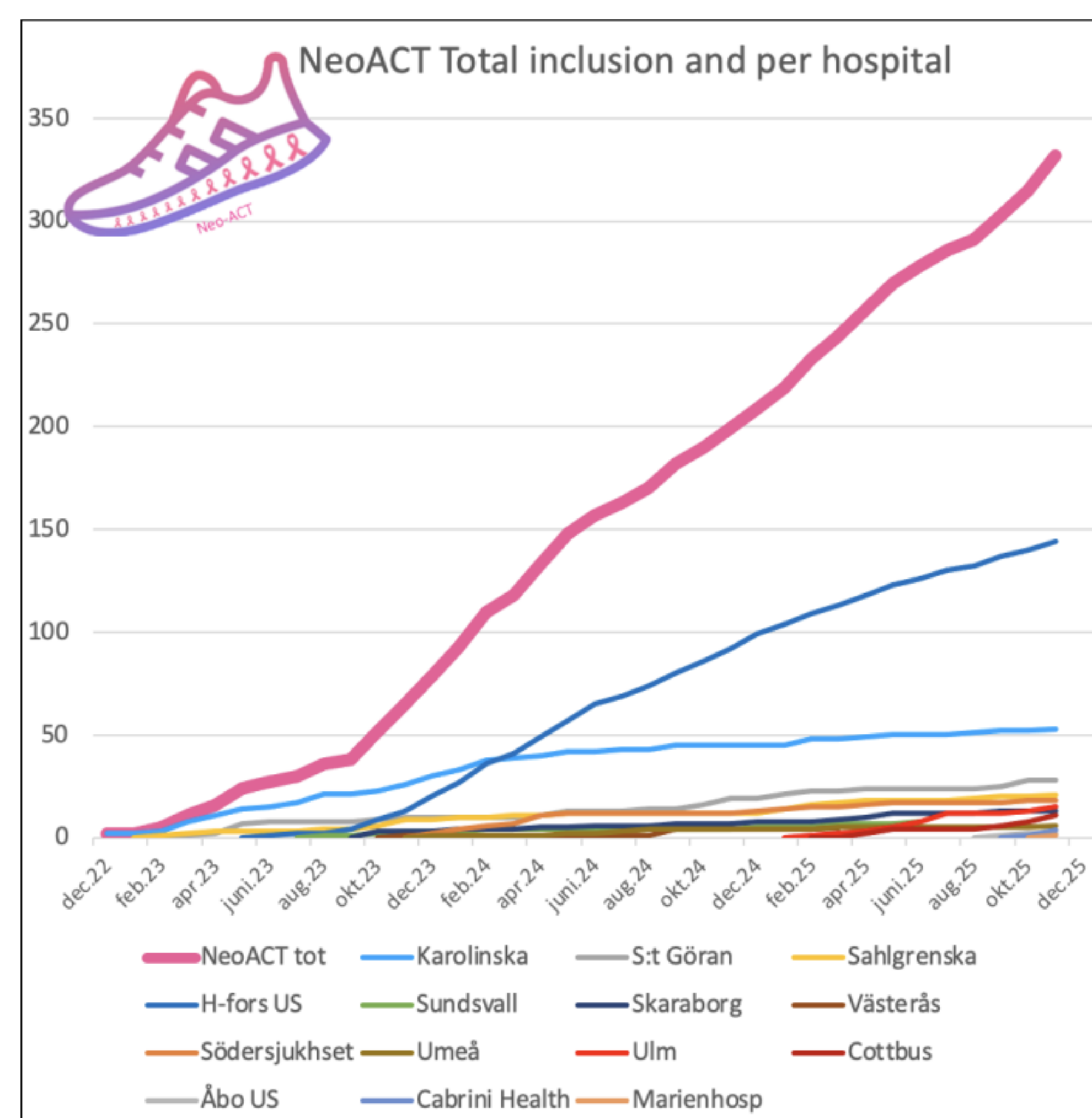
Newsletter, December 2025

Jana de Boniface, Renske Altena, Yvonne Wengström, Martina Rossland, Lea Stark and Linda Swedin

Thank you all for your fantastic work in the Neo-ACT trial!

We have now enrolled **342 participants**. **Helsinki University Hospital** leads recruitment with **146 randomized participants**. In October, **12 participants** were randomized; in November, **17**; and so far in December, **13**

To meet our recruitment target by **December 2027**, we should increase recruitment to approximately **18–20 participants per month**. Please help us to reach this goal together!



VITALA update

An updated version of the Care Portal and VITALA app is now live. Demo video for Care Portal:

<https://www.youtube.com/watch?v=OAvKDNrjgLI>

Demo video for VITALA app:

https://www.youtube.com/watch?v=eGuqltF_9ZM

The new version of the VITALA app allows our participants now to register all exercise directly in the app. **Please note that all training sessions should therefore be registered directly in the VITALA app!** Please contact all active intervention participants and instruct them to do so.

Paper-based training diaries can be collected at pre-surgery visits or sent to the site by the participant.

The Danish **Neo-Train trial** recently published its results and could not demonstrate an effect of exercise during neoadjuvant chemotherapy on tumour shrinkage. It was quite clear that the main reason for this negative result is the low adherence to the prescribed intensity of the exercise program. **We therefore want to remind you how very important you as primary participant contact are to help motivate the patients to maintain the Neo-ACT exercise schedule:**

120 minutes of home-based exercise per week

(Sessions in VITALA and/or pre-recorded sessions (YouTube) and/or remote live sessions (Zoom))

👉 *Pre-recorded sessions and remote live sessions should be logged as **HIIT activity** in VITALA.*

Additionally 150 minutes of physical activity per week.

eCRF completion by 31st Jan 2025

Starting in early February, we will begin reviewing the data and assessing its quality. We kindly ask you to complete all eCRF entries within the protocol-designated time frame but latest **by 31 January 2026**.

Documents to be retrieved from participants

Please provide the following to Linda Swedin:

- Test Recording Sheets from all participants before June 2025, or enter heart rate variables directly into the eCRF under Exercise Capacity Test.
 - Training Diaries for all intervention-group participants who completed training or have started logging sessions in VITALA.
 - AE-logs, if available, for intervention-group participants who completed training. If a log is missing for a participant, please inform Linda Swedin.
 - Delegation and Responsibility Logs for all sites.
- Kindly upload the documents to the shared space or email them directly to Linda Swedin.

Merry Christmas!

We wish you and your teams a joyful Christmas, and a Happy New Year filled with health and happiness. ✨

Contact

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