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# National Cancer Institute/RTIPs Information and Resources

## Cancer Survivorship

Improving cancer survivorship is imperative to supporting the over 15.5 million Americans who have lived through a cancer diagnosis. Survivorship research focuses on the health and life of a person with a history of cancer beyond the acute diagnosis and treatment phase. It seeks to both prevent and control adverse cancer diagnosis and treatment-related outcomes, such as late effects of treatment and poor quality of life, to provide a knowledge base regarding optimal follow-up care and to optimize health after cancer treatment.

BrainHQ, manufactured by Posit Science Corporation, is dedicated to improving the lives of individuals diagnosed with cancer, their loved ones, and the providers who support and treat them.

## National Cancer Institute

BrainHQ is pleased to be part of the National Cancer Institute's [Research Tested Intervention Program](#) (RTIPs). RTIPs is a searchable database of evidence-based cancer control interventions and program materials and is designed to provide immediate access to research-tested materials. BrainHQ was selected for inclusion into this National Cancer Institute (NCI) program because it was tested in research studies, produced positive behavioral and psychosocial findings in cancer survivors, study results were published in peer-reviewed medical journals, and its findings were independently reviewed and approved by NCI and its partners for participation in the RTIPs program.

Care providers seeking guidance in adapting this evidenced-based BrainHQ program for use in their practice, facility or local community may wish to visit the following online resources: [Program Adaptation Guidelines](#), which is a publically-available assessment checklist sponsored by the National Cancer Institute, and [Putting Public Health Evidence in Action](#), an interaction training curriculum made available by Cancer Prevention and Control Research Network (CPCRN).

## BrainHQ and Cancer-related Cognitive Impairment

BrainHQ exercises have been used in two clinical trials in female breast cancer survivors with cognitive impairments (e.g., slowed thinking, difficulty remembering, etc.) You can read the original publications here: [Von Ah 2012](#) and [Bray 2016](#)

To set up BrainHQ to match these research trials, please:

- Register by visiting [BrainHQ](#), and select the exercises studied in cancer survivors [here](#)
- Set your weekly goal to 2 hours per week (or as little as 1 hour per week, or as much as 2 hours and 40 minutes)