**APPENDICES**

**Appendix A. Search strategy for MEDLINE**

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| 1. ((advance\* or metasta\* or stage 3 or stage III or stage 4 or stage IV or incurable or nonresectable or non-resectable or unresectable or inoperable or nonoperable or non-operable or end stage or end-stage or late stage or late-stage) adj3 (cancer\* or neoplas\* or carcinom\* or adenocarcinom\* or malignan\* or tumor\* or tumour\* or oncolog\* or cyst\*)).tw.2. exp Palliative Care/ 3. (end\* adj2 life).tw. 4. (last year of life or LYOL).tw. 5. palliat\*.tw. 6. exp Terminally Ill/ 7. hospice\*.tw. 8. 2 or 3 or 4 or 5 or 6 or 79. exp Neoplasms/ 10. (cancer\* or neoplas\* or carcinom\* or adenocarcinom\* or malignan\* or tumor\* or tumour\* or oncolog\* or cyst\*).tw. 11. 9 OR 1012. 8 AND 1113. 1 OR 1214. (physical\* adj2 activ\*).tw.15. exp Exercise/ 16. exp Exercise Therapy/ 17. exercis\*.tw. 18. exp Leisure Activities/19. (leisur\* adj2 activit\*).tw.20. recreation\*.tw.21. ((aerobic or cardiovascular or interval) adj2 training).tw.22. (walking or running or jogging or cycling or bicycl\* or swimming or danc\*).tw.23. ((strength\* or resistance) adj2 training).tw.24. (weightlifting or weight lifting or weight training).tw.25. (stretch\* or yoga or pilates or tai ji or tai chi or qi gong or qigong or martial art\*).tw.26. sports/ or baseball/ or basketball/ or bicycling/ or boxing/ or football/ or golf/ or gymnastics/ or hockey/ or martial arts/ or mountaineering/ or racquet sports/ or running/ or skating/ or snow sports/ or soccer/ or swimming/ or "track and field"/ or volleyball/ or weight lifting/ or wrestling/27. (sport\* or baseball or basketball or boxing or football of golf\* or gymnastics or hockey or mountaineering or tennis or squash or soccer or (track and field) or volleyball or wrestling).tw.28. (bowling or hiking or skiing or skating or snowboarding or rollerblading\* or gardening).tw.29. (active video gam\* or wii or kinect or playstation move).tw.30. 14 or 15 or 16 or 17 or 18 or 19 or 20 or 21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 2931. 13 AND 30 |

**Appendix B. List of relevant reviews (used for supplementary search)**

1. \*Albrecht, T. A., & Taylor, A. G. (2012). Physical activity in patients with advanced-stage cancer: a systematic review of the literature. *Clinical Journal of Oncology Nursing, 16*(3), 293-300. doi:10.1188/12.cjon.293-300
2. \*Beaton, R., Pagdin-Friesen, W., Robertson, C., Vigar, C., Watson, H., & Harris, S. R. (2009). Effects of exercise intervention on persons with metastatic cancer: a systematic review. *Physiotherapy Canada, 61*(3), 141-153.
3. Chasen, M., Bhargava, R., & MacDonald, N. (2014). Rehabilitation for patients with advanced cancer. *CMAJ*, *186*(14), 1071-1075.
4. \*Dittus, K. L., Gramling, R. E., & Ades, P. A. (2017). Exercise interventions for individuals with advanced cancer: A systematic review. *Preventive Med, 104*, 124-132. doi:10.1016/j.ypmed.2017.07.015
5. Eyigor, S. (2010). Physical activity and rehabilitation programs should be recommended on palliative care for patients with cancer. *Journal of Palliative Medicine, 13(10),* 1183–1184
6. Eyigor, S., & Akdeniz, S. (2014). Is exercise ignored in palliative cancer patients? *World Journal of Clinical Oncology*, *5*(3), 554.
7. Hart, N. H., Galvao, D. A., & Newton, R. U. (2017). Exercise medicine for advanced prostate cancer. *Current Opinion in Supportive and Palliative Care*, *11*(3), 247-257.
8. \*Heywood, R., McCarthy, A. L., & Skinner, T. L. (2017). Safety and feasibility of exercise interventions in patients with advanced cancer: a systematic review. *Supportive Care in Cancer*. doi:10.1007/s00520-017-3827-0
9. Kowalski, S. L. (2016). Physical therapy and exercise for hospice patients. *Home Healthcare Now*, *34*(10), 563-568.
10. Lin, C. C. (2015). Does physical activity have value in end-of-life cancer care? *Cancer Nursing*, *38*(4), 251-252.
11. \*Lowe, S. S., Watanabe, S. M., & Courneya, K. S. (2008). Physical activity as a supportive care intervention in palliative cancer patients: a systematic review. *The Journal of Supportive Oncology, 7*(1), 27-34.
12. Navigante, A., & Morgado, P. C. (2016). Does physical exercise improve quality of life of advanced cancer patients? *Current Opinion in Supportive and Palliative Care*, *10*(4), 306-309.
13. \*Payne, C., Larkin, P. J., McIlfatrick, S., Dunwoody, L., & Gracey, J. H. (2013). Exercise and nutrition interventions in advanced lung cancer: a systematic review. *Current Oncology*, *20*(4), e321.
14. Salakari, M. R., Surakka, T., Nurminen, R., & Pylkkanen, L. (2015). Effects of rehabilitation among patients with advances cancer: a systematic review. *Acta Oncologica, 54*(5), 618-628. doi:10.3109/0284186x.2014.996661
15. Wittry, S. A., Lam, N. Y., & McNalley, T. (2018). The value of rehabilitation medicine for patients receiving palliative care. *American Journal of Hospice and Palliative Medicine*, *35*(6), 889-896.

\*Heywood, R., McCarthy, A. L., & Skinner, T. L. (2018). Efficacy of exercise interventions in patients with advanced cancer: a systematic review. *Archives of Physical Medicine & Rehabilitation, 99*(12), 2595-2620.

\*Reviews used for citation analysis (five from initial search and one additional from updated search)

**Appendix C. List of articles included in scoping review (n=92)**

1. Adamsen, L., Stage, M., Laursen, J., Rørth, M. & Quist, M. (2012). Exercise and relaxation intervention for patients with advanced lung cancer: a qualitative feasibility study. *Scandinavian Journal of Medicine & Science in Sports, 22*(6), 804-815.
2. Arun, B., Austin, T., Babiera, G.V., Basen-Engquist, K., Carmack, C.L., Chaoul, A., Cohen, L., Connelly, L., Haddad, R., Harrison, C., Li, Y., Mallaiah, S., Nagarathna, R., Parker, P. A., Perkins, G.H., Reuben, J.M., Shih, Y. T., Spelman, A., Sood, A., Yang, P. & Yeung, S.J. (2017). A comprehensive lifestyle randomized clinical trial: design and initial patient experience. *Integrative Cancer Therapies, 16*(1), 3-20.
3. Belchamber, C.A. (2009). Participants’ perceptions of groupwork in the management of cancer symptoms in older people*. Groupwork, 19*(2), 79-100.
4. Block, K.I., Gyllenhaal, C., Tripathy, D., Freels, S., Mead, M.N., Block, P.B., Steinmann, W.C., Newman, R.A. & Shoham, J. (2009). Survival impact of integrative cancer care in advanced metastatic breast cancer. *The Breast Journal, 15*(4), 357-366.
5. Born, T. & Stuiver, M.M. (2010). The effect of a therapeutic exercise program “life in balance” on the quality of life in a patient with metastatic breast cancer: a case report, *Rehabilitation Oncology: 28*(2), 19-22.
6. Brown, P., Clark, M.M., Atherton, P., Huschka, M., Sloan, J. A., Gamble, G., Girardi, J., Frost, M.H., Piderman, K. & Rummans, T.A. (2006). Will improvement in quality of life (QOL) impact fatigue in patients receiving radiation therapy for advanced cancer? *American Journal of Clinical Oncology, 29*(1), 52-8.
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11. Cheville, A.L., Dose, A.M., Basford, J.R. & Rhudy, L.M. (2012). Insights into the reluctance of patients with late-stage cancer to adopt exercise as a means to reduce their symptoms and improve their function. *Journal of Pain and Symptom Management, 44*(1), 84-94.
12. Cheville, A.L., Kollasch, J., Vandenberg, J., Shen, T., Grothey, A., Gamble, G. & Basford, J.R. (2013). A home-based exercise program to improve function, fatigue, and sleep quality in patients with Stage IV lung and colorectal cancer: a randomized controlled trial. *Journal of Pain and Symptom Management, 45*(5), 811–821.
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