

Closing the Gap in Lung Cancer Prevention in People with Intellectual Disabilities: The Explora't Model

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01 INTRODUCTION

- Lung cancer (LC) remains a leading cause of cancer-related mortality; prevention and early detection do not reach all populations equally.
- People with intellectual disabilities (PwID) face barriers to health education and remain underrepresented in epidemiological data.
- Explora't is a community-based initiative designed to bridge this gap through accessible education, empowerment and inclusive lung cancer prevention.

02 METHODS / DESIGN

Design:

Explora't is a community-based educational program for people with intellectual disabilities (PwID) and their professional support assistants (PSA) in Catalonia, Spain.

Structured workshops focus on:

- **Modifiable risk factors**, particularly smoking
- **Healthy lifestyle promotion**
- **Early recognition of respiratory warning symptoms**

Content is adapted using **simplified language, visual aids and participatory activities**, with sessions conducted in familiar community settings.

Workshops are delivered voluntarily by a **multidisciplinary healthcare team** including nursing, medical oncology, internal medicine, physiotherapy, psychology, physical training and dentistry.

PSA receive specific tools to reinforce prevention strategies in daily life.

Explora't is integrated with **CANDIS**, a registry designed to assess cancer incidence and prevalence among PwID using anonymized electronic health record data.

03 RESULTS

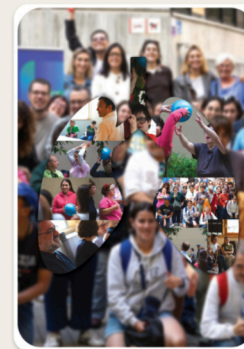
335

PARTICIPANTS
(PwID)



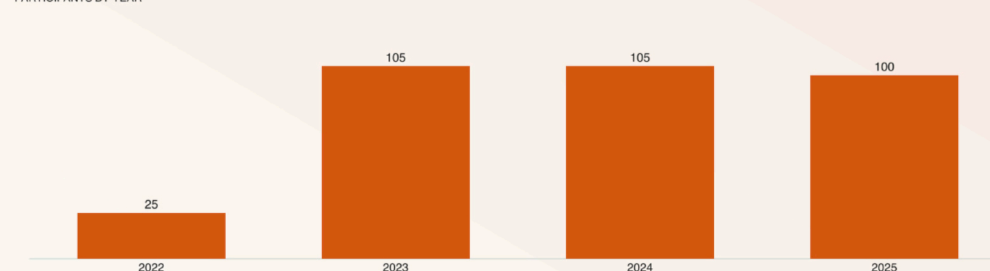
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STRUCTURED WORKSHOPS
(2022–2025)



Explora't visualised: a year of workshops.

PARTICIPANTS BY YEAR



Surveys among PwID and support assistants showed:

- 1 Improved understanding of smoking-related risks.
- 2 Greater ability to identify respiratory warning symptoms.
- 3 Increased willingness to seek medical attention when clinical changes occur.
- 4 More proactive PSA conversations about smoking cessation and respiratory health.

These findings support the feasibility and acceptability of adapted, community-based lung cancer prevention education for PwID.

 Districte de
Sarrià - Sant Gervasi

04 DISCUSSION AND CONCLUSION

Explora't demonstrates that adapted lung cancer prevention education can be successfully delivered to people with intellectual disabilities in community settings. Its multidisciplinary and participatory approach facilitates engagement, while involving professional support assistants may help reinforce prevention messages in daily life.

Integration with CANDIS complements education with real-world data generation in an understudied population.

Explora't represents a feasible and scalable model for inclusive lung cancer prevention. By combining accessible education, multidisciplinary healthcare involvement, support-assistant training and real-world data generation, the initiative may contribute to reducing inequalities in cancer prevention among people with intellectual disabilities.



Delivered by a multidisciplinary team, in the field.

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Explora't is a feasible and scalable model that may help reduce inequalities in cancer prevention for people with intellectual disabilities.

05 REFERENCES & ACKNOWLEDGEMENTS

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