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***Good practices in adapted physical activity for cancer patients and survivors: opinion of the Raviva program participants***

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# Introduction

# Cancer and physical activity

- PA has many beneficial effects on cancer patients and survivors
  - Quality of life, cardiovascular fitness, fatigue, anxiety (McNeely et al., 2006 ; Zhu et al., 2016 ; Bourke et al., 2016)
  - Mortality (Holmes et al., 2005 ; Meyerhardt et al., 2006 ; Fong et al., 2012)

# Cancer exercise specialists recommendations

- American College of Sports Medicine / American Cancer Society
  - ACSM/ACS Certified Cancer Exercise Trainer
- European Health and Fitness Association
  - Standards for Exercise for Health Specialist
- CAMI Sport et Cancer / Université Paris XIII (France)
  - University degree “Sport & Cancer”

# In Belgium

- Hospital oncological rehabilitation
  - Multidisciplinary care (physicians, physiotherapists, psychologists)
- Fondation contre le Cancer

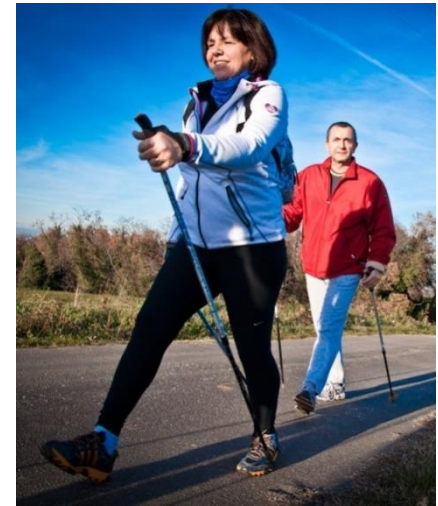
**Raviva : move to feel better !**



# Raviva : move to feel better !

- Belgian Adapted Physical Activity (APA) program for cancer patients or survivors
  - For patients during treatment or one year after the end of the treatment
  - For maximum one year

# Raviva : move to feel better !



# Raviva instructors

- Inconstant professional preparation and experiences
- No compulsory specific training programs



# Purpose

- To identify good practices concerning activity characteristics and instructors behaviors
- From the point of view of the Raviva program participants

# Methods

# Collecting tools

- Online questionnaire to Raviva participants

N = 72

- Video-stimulated recall interviews

**N = 3 (fitness, aquafitness, yoga)**

**Method:**

- **The session is video recorded**
- **The video is reviewed by the participant**
- **The participant is asked to stop and comment on the video when he feels it is important:**
  - ✓ **What it was happening**
  - ✓ **What he was feeling**
  - ✓ **Why**

# Results

# Activity characteristics

- Physical / psychological
- Progress

- Adapted
- Diverse

- Equipment
- Number of participants

Total (n = 147)	100%
Exercises	22%
Benefits	20%
Atmosphere	16%
Social link	15%

Total (n = 66)	100%
None	45%
Organisation	27%
Exercises	17%
Others	8%



# Activity characteristics

- Atmosphere
- Social link



Total (n = 131)	100%
Group effect	36%
Benefits	19%
Instructor	17%
Exercises	14%

Total (n = 65)	100%
None	68%
Intensity	9%
Organisation	6%
Others	17%



# Instructors' characteristics

- Kindness
- Enthusiasm

- Experience
- Adaptability

Total (n = 153)	100%
Human qualities	43%
Competences	32%
Group management	24%
Others	1%

- Encouragement
- Advice
- Attention



Total (n = 76)	100%
None	42%
Exercises	18%
Lack of involvement	18%
Others	22%

- Disrespect
- Leadership

# Instructors' characteristics



Total (n = 139)	100%
Human qualities	37%
Group management	32%
Activity management	19%
Others	13%

Total (n = 94)	100%
Lack of involvement	35%
Human qualities	22%
Exercises	19%
Others	24%

- Exercises type
- Organisation, timing,...





# Video-stimulated recall interviews

**Social link** : « *participants need to talk about what they feel* »

**Diversity**



**Individualization**

♀ ; 56 Y/O

**Atmosphere**

# Video-stimulated recall interviews

**Social link, friendship**

**Diversity**



♂ ; 66 Y/O

**Structure:**

- warm-up
- exercises
- stretching/relaxation

- Attention
- Encouragement

# Video-stimulated recall interviews

**Social link, friendship**

**Challenge, progress**

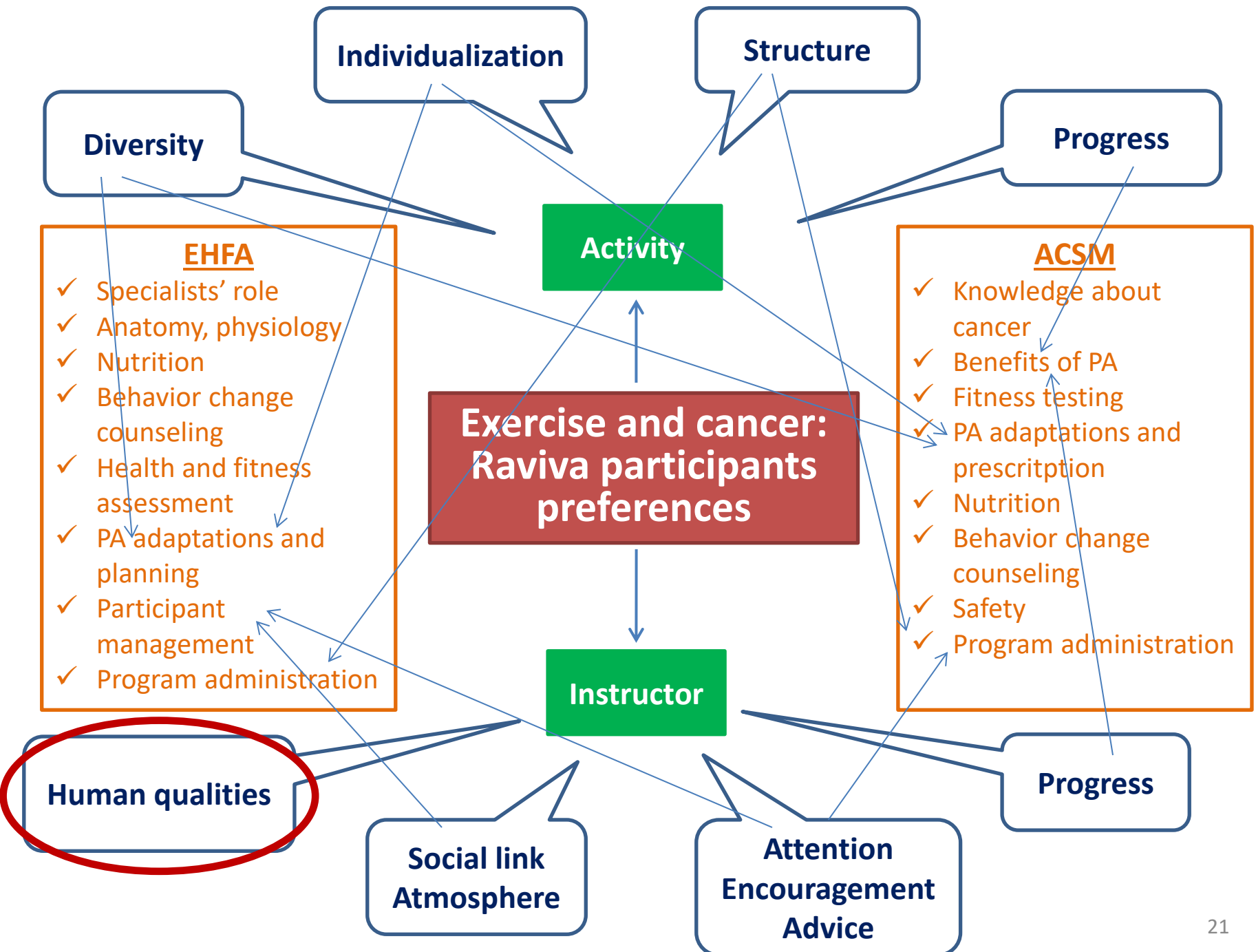
**Corrections, advice**

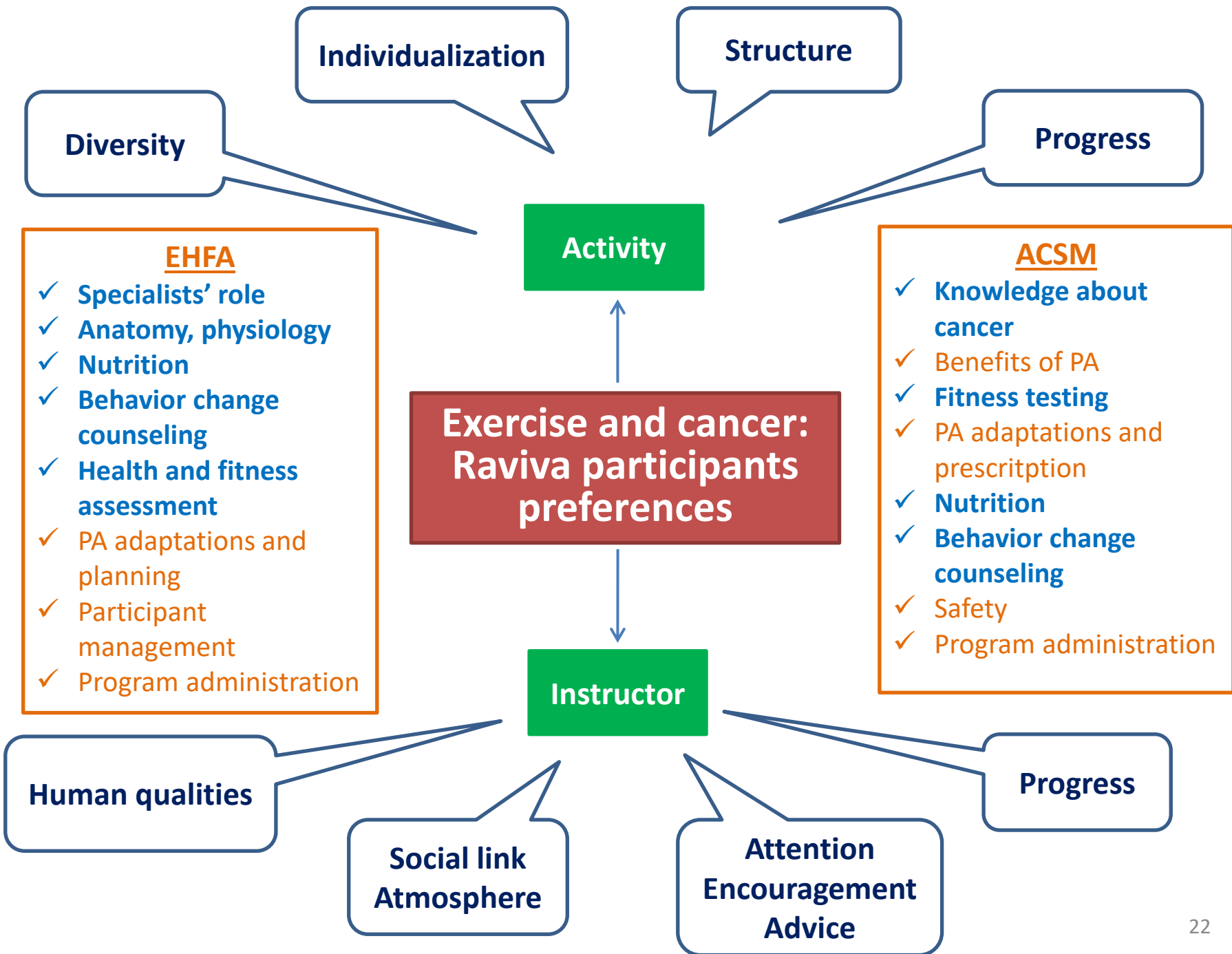


**♀ ; 54 Y/O**

- **Adaptability**
- **Diversity**

# Conclusions







**THANK  
YOU  
VERY  
MUCH!**

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