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

<table>
<thead>
<tr>
<th>Total (n = 147)</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercises</td>
<td>22%</td>
</tr>
<tr>
<td>Benefits</td>
<td>20%</td>
</tr>
<tr>
<td>Atmosphere</td>
<td>16%</td>
</tr>
<tr>
<td>Social link</td>
<td>15%</td>
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</table>

<table>
<thead>
<tr>
<th>Total (n = 66)</th>
<th>100%</th>
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<tbody>
<tr>
<td>None</td>
<td>45%</td>
</tr>
<tr>
<td>Organisation</td>
<td>27%</td>
</tr>
<tr>
<td>Exercises</td>
<td>17%</td>
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<tr>
<td>Others</td>
<td>8%</td>
</tr>
</tbody>
</table>

- Physical / psychological
- Progress
- Adapted
- Diverse
- Equipment
- Number of participants

• Adapted
• Diverse
### Activity characteristics

#### Introduction

- Atmosphere
- Social link

#### Methods

- 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%

#### Results

- 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

<table>
<thead>
<tr>
<th>Total (n = 153)</th>
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<tr>
<td>Human qualities</td>
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<tr>
<td>Competences</td>
<td>32%</td>
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<tr>
<td>Group management</td>
<td>24%</td>
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<tr>
<td>Others</td>
<td>1%</td>
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<td>None</td>
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<tr>
<td>Exercises</td>
<td>18%</td>
</tr>
<tr>
<td>Lack of involvement</td>
<td>18%</td>
</tr>
<tr>
<td>Others</td>
<td>22%</td>
</tr>
</tbody>
</table>

- Kindness
- Enthusiasm
- Experience
- Adaptability
- Encouragement
- Advice
- Attention
- Disrespect
- Leadership
Instructors’ characteristics

<table>
<thead>
<tr>
<th>Total (n = 139)</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Human qualities</td>
<td>37%</td>
</tr>
<tr>
<td>Group management</td>
<td>32%</td>
</tr>
<tr>
<td>Activity management</td>
<td>19%</td>
</tr>
<tr>
<td>Others</td>
<td>13%</td>
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</table>

<table>
<thead>
<tr>
<th>Total (n = 94)</th>
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<tbody>
<tr>
<td>Lack of involvement</td>
<td>35%</td>
</tr>
<tr>
<td>Human qualities</td>
<td>22%</td>
</tr>
<tr>
<td>Exercises</td>
<td>19%</td>
</tr>
<tr>
<td>Others</td>
<td>24%</td>
</tr>
</tbody>
</table>

- Exercises type
- Organisation, timing,...
Video-stimulated recall interviews

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

Diversity

Individualization

Atmosphere

56 Y/O

Rompen et al. - ECSS - 2017
Video-stimulated recall interviews

Social link, friendship

Diversity

Structure:
- warm-up
- exercises
- stretching/relaxation

♂; 66 Y/O

• Attention
• Encouragement
Video-stimulated recall interviews

Social link, friendship

Challenge, progress

Corrections, advice

- Adaptability
- Diversity
Conclusions
Exercise and cancer: Raviva participants preferences

**EHFA**
- Specialists’ role
- Anatomy, physiology
- Nutrition
- Behavior change counseling
- Health and fitness assessment
- PA adaptations and planning
- Participant management
- Program administration

**ACSM**
- Knowledge about cancer
- Benefits of PA
- Fitness testing
- PA adaptations and prescription
- Nutrition
- Behavior change counseling
- Safety
- Program administration

**Human qualities**

**Diversity**

**Individualization**

**Structure**

**Progress**

**Activity**

**Instructor**

**Attention**

**Encouragement**

**Advice**

**Social link**

**Atmosphere**
Exercise and cancer: Raviva participants preferences

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**Activity**

**Instructor**

**Individualization**

**Structure**

**Diversity**

**Progress**

**Human qualities**

**Social link Atmosphere**

**Attention Encouragement Advice**
THANK YOU VERY MUCH!
References: