Preliminary study aiming to identify the conditions of implementation of a project integrating physical activity for 10-16 year-old children with cancer in a hospital context

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INTRODUCTION

In children with cancer, PA has beneficial effects (INSERM, 2008)

PA need to be adapted according to the circumstances (Herbenet, 2002)

Lack of resources suitable for children and adolescents

Attitudes, representations and needs to implement PA projects?

METHODS

Dpt of Hematology Oncology (Liège, Wallonia)

Semi-structured interview:
- Descriptive data
- Representations about PA
- PA definition (S, Y, P)
- PA before illness (Y, P)
- PA since illness (Y, P)
- PA for youth with cancer (S, Y, P)

Perspectives
- PA to be proposed (S, Y, P)
- Principles of actions (S, Y, P)
- Needs (Y, S, P)
- Chances of success (S, P)
- Personal involvement (S)

Data collecting: March/April 2010
- Youth (n = 8)
- Parents (n = 5)

Content analysis (Weber, 1995)

Interviewer training Consent form Pilot study

RESULTS

PA definition = Body in movement (S, P), energy expenditure (S, Y, P), enjoyment and relaxation (Y)

Youth were physically active and stopped since they became ill

Unanimity about the interest towards implementing a project proposing PA adapted to individual state

Proposed PA:
- Needs to implement a project:
  - Specific room integrated in the department
  - Equipment resources
  - Needs
  - Financial resources
  - Modification of the social support (rehabilitation)
  - External support (patient)
  - Organizational resources
  - People, time and money
  - Flexibility, integration, safety, individual planning
  - Human resources

DISCUSSION

The interest of all actors towards the implementation of PA projects within care services for young cancer patients is clearly demonstrated, confirming the recommendations of several authors (Daye et al., 2006; Herbenet et al., 2004; Reimberg et al., 2004)

A large array of activities has been identified to be proposed in the hospital context, underlying that very few would be necessary to implement concrete projects. The limiting factors seem to deal more with human motivation and decisions than with other resources

The principles of the physical activities to introduce respect the proposals available in the literature (Wick & Parnell, 2007)

The next step should be the implementation of an action research aiming to develop a step-by-step process involving health professionals, youth and parent. Experience of specialized centers could be helpful (Spera et al., 2010)

REFERENCES


