

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 Cloes, M. & Del Guidice A.



'It would help me keep up my fitness and

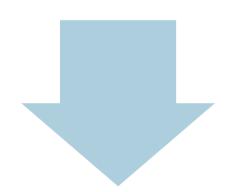
easier to practice sport again after treatment'

INTRODUCTION

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



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

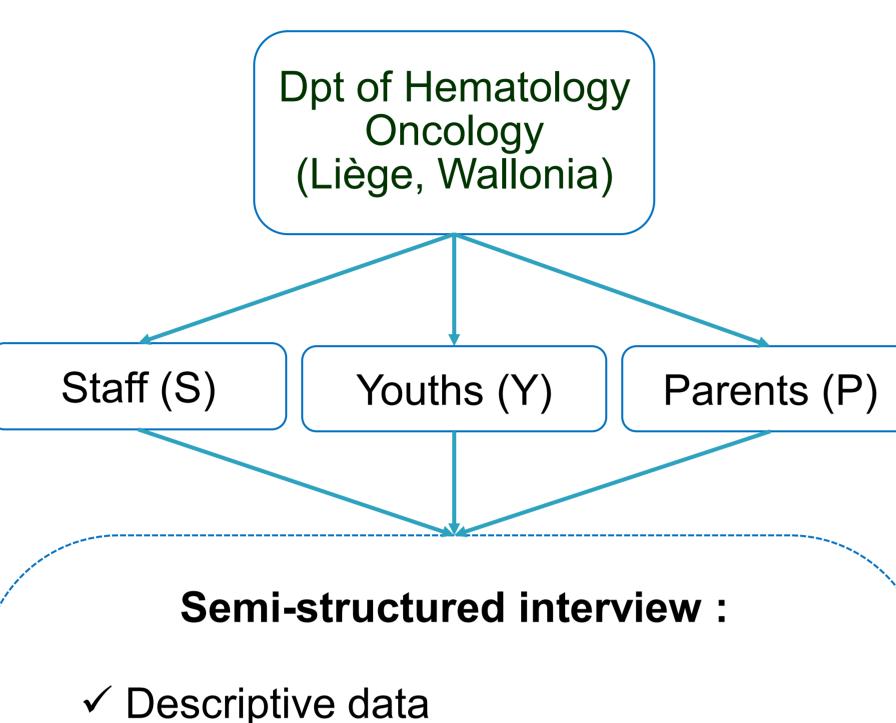


Lack of resources suitable for children and adolescents



Attitudes, representations and needs to implement PA projects?

METHODS



- ✓ Representations about PA
 - ❖ PA definition (S, Y, P)
 - ❖ PA before illness (Y, P)
 - ❖ PA since illness (Y, P)
 - ❖ PA for youths with cancer (S, Y, P)
- ✓ Perspectives
 - ❖ PA to be proposed (S, Y, P)
 - Principles of actions (S, Y, P)
 - ❖ Needs (S, Y, P)
 - Chances of success (S, P)
 - Personal involvement (S)

Interviewer training Consent form Pilot study Data collecting: March/April 2010 Staff ($\dot{n} = 20$) Youth (n = 8)Parents (n = 5)Content analysis (Weber, 1990)

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 :



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 (Doyle et al., 2006; Herbinet et al., 2004; Reimberg et al., 2004)
- ✓ A large array of activities has been identified to be proposed in the hospital context, underlining 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 (Ninot & Partyka, 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 parents. Experience of specialized centers could be helpful (Speyer et al. 2010)

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