

ROMPEN Jérôme, KORYCKI Marta & CLOES Marc

Highlights

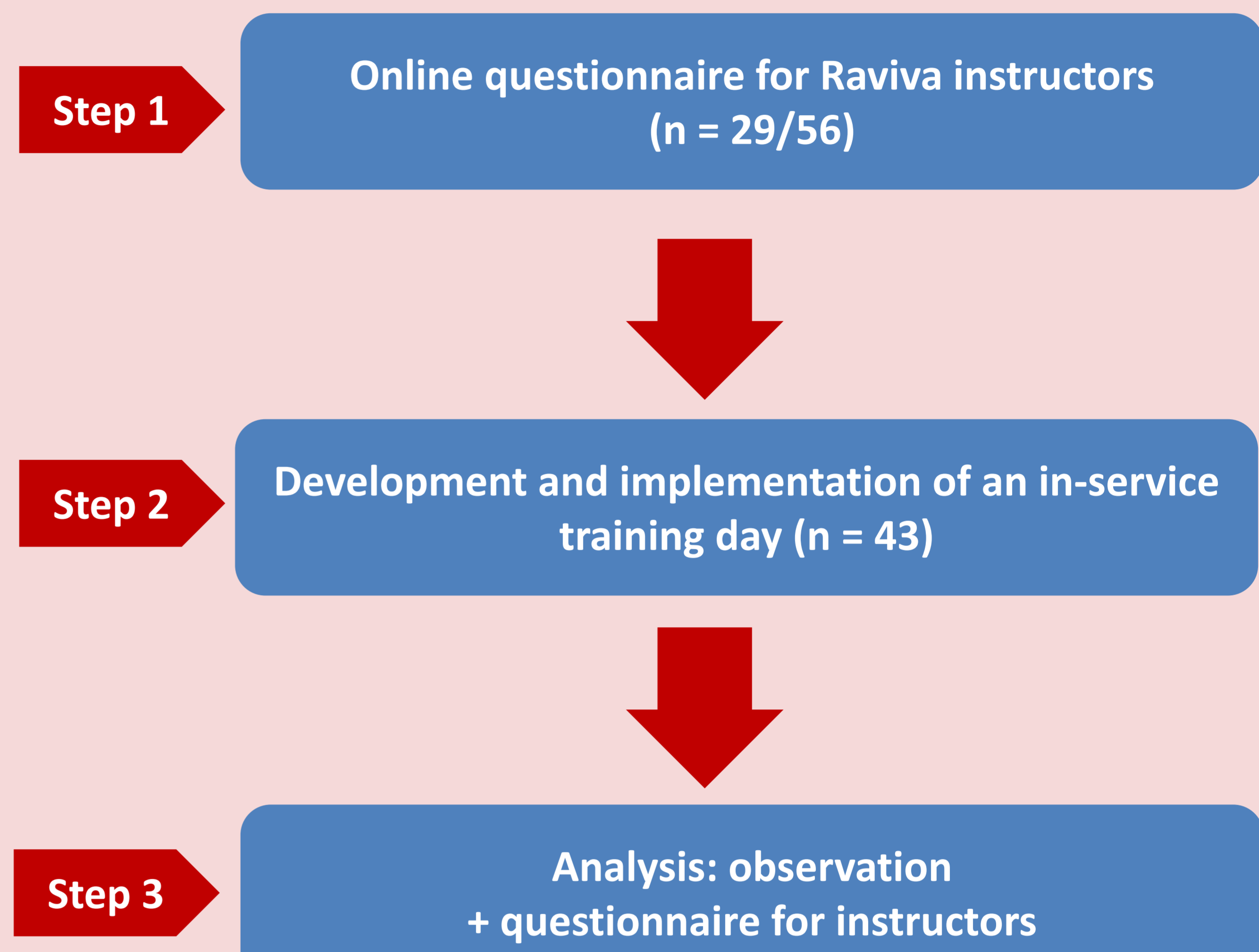
- **Raviva:** a Belgian PA program for people with cancer and/or cancer survivors
- **Purpose:** to identify the expectations and needs for specific training of the Raviva instructors in order to set up a suitable in-service training
- **Results:** almost all instructors expressed interest in the participation to a specific training; this training should include some theoretical content about Raviva, cancer and the link between cancer and PA as well as some practical sessions of adapted PA
- **Implications:** specific training should be generalized or even imposed for all Raviva instructors; research on this topic should be conducted on a larger scale

Background

- PA improves quality of life and reduces mortality among cancer survivors (Beasley, 2012; Fong, 2012)
- **Raviva:** Belgian PA program for people with cancer and/or cancer survivors (Fondation contre le Cancer)
- **Raviva instructors:** inconstant professional preparation and experiences have been underlined by the program's leaders
- PA instructors should be educated in how to work with cancer survivors (ACSM, 2012)
- No compulsory specific training for PA instructors in Belgium



Methods



Purpose

- To identify the difficulties encountered by the Raviva instructors during their practice
- To determine their expectations and needs for specific education
- To propose a suitable in-service training day

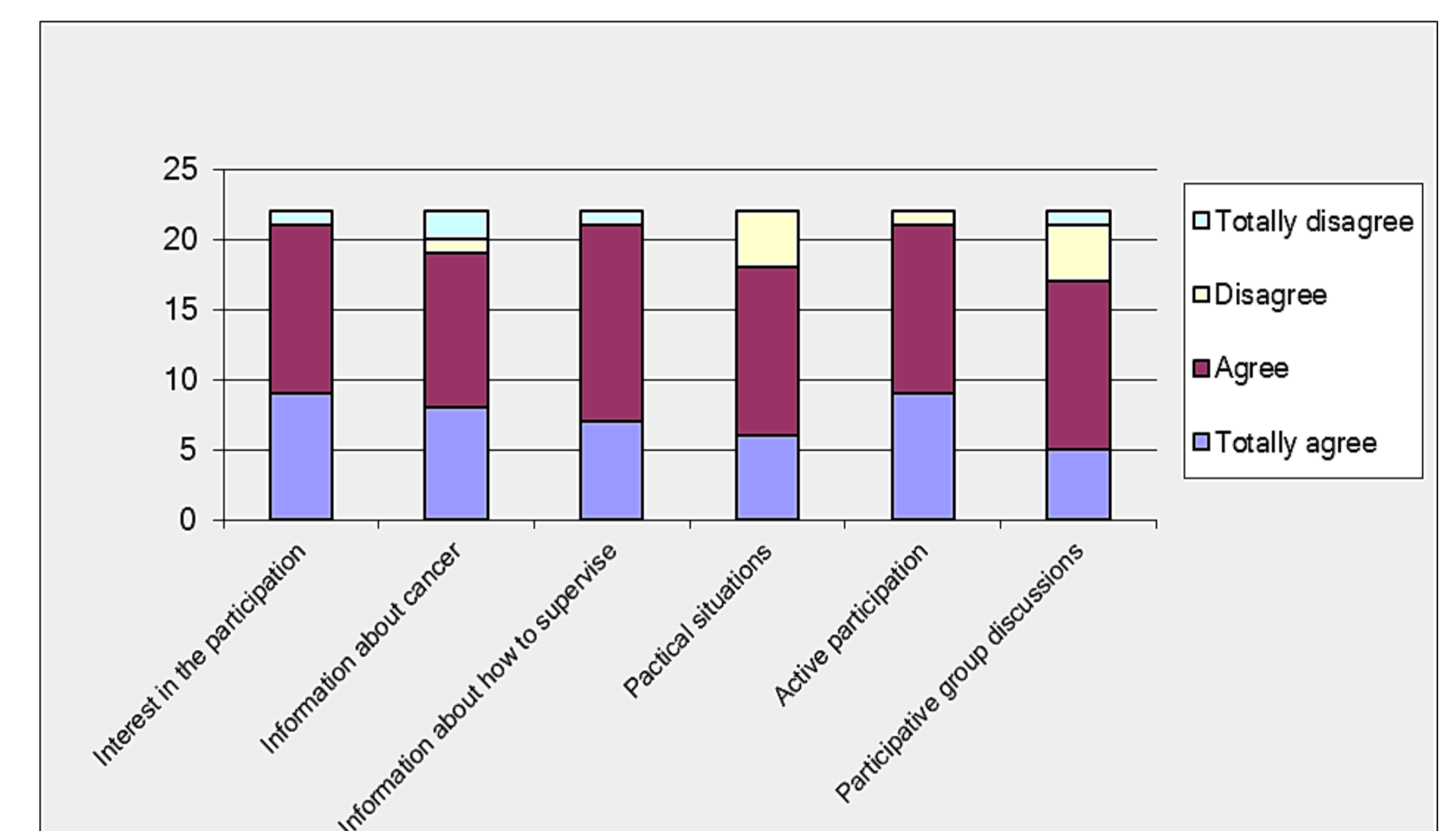
Results

Step 1: difficulties and interest in a possible training

- Instructors face difficulties during their PA sessions
 - ✓ The most frequent difficulty is to adapt the tasks to their specific population (18/26)
- Almost all instructors expressed interest in the participation to a specific training (21/22)

➔ Importance of setting up a training day

Step 1: opinion about the future content



Instructors' opinion about a future training and its content

Step 2: training content

Theoretical information	Last news about the Foundation Against Cancer and Raviva
	Cancer: causes, treatments and consequences PA and cancer: from prevention to social and sports rehabilitation
Practical activities	Discussion forum: psycho-social aspects of the instructor's role
	Practical PA sessions: fitness training, relaxation and aqua-aerobics

- During the training day, the instructors:
 - ✓ Would like to receive information about cancer (18/22) and how to supervise this type of activities (21/22)
 - ✓ Are ready to actively participate to some practical PA sessions (21/22) and to some participative group discussions (17/22)
- Other topics requested: relational, social and psychological aspects (13/22), sessions content (10/22) and contraindications (8/22)

Conclusions

- Most instructors of the Raviva program are interested in participating to a specific training day
- This training should include some theoretical content about Raviva, cancer and the link between cancer and PA as well as some practical sessions of adapted PA
- The in-service training day met the goals of the participants and the latter seemed willing to participate in future trainings
- Thus, these initiatives should be generalized or even imposed for all Raviva instructors
- This study should be conducted on a larger scale and include a larger number of Belgian instructors, or even be extended to other adapted physical activity organizations

Step 3: opinion about the training day

- Overall, participants were satisfied with all activities
- The day helped to highlight instructors' difficulties and possible solutions (91,7% and 82,8%)
- The day met their goals (90,4%)
- All participants are willing to participate in future trainings