Education of instructors of a physical activity program for cancer patients and survivors: planning and evaluation of a poster presentation session

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Introduction

- Raviva: A Belgian physical activity (PA) program for people with cancer and/or cancer survivors
- Purpose: To describe and evaluate an interactive poster presentation session aiming to train the instructors of Raviva
- Results: All participants found the method interesting; they considered that adequate topics were addressed and that they could share some experiences with their peers; however, some problems of timing and organization were pointed out

Methods

- Training day:
  - General and theoretical information, practical PA sessions and an interactive poster presentation session
  - Subjects: 41 Raviva instructors and 2 PE students
- Poster presentation session:
  - Psycho-emotional aspects within Raviva groups (motivation, management of disease or death)

Data collection:
- Analysis of the posters
- Questionnaire
- Interviews of the organizers
- Informal observation

Results

- Instructors’ opinion about the poster session
  - Interesting activity
  - Active participation
  - Experiences sharing
  - Important topics addressed

- Instructors’ opinion about the training day
  - Good practices sharing
  - Solutions highlighting
  - Difficulties highlighting
  - Relationships with pairs

To be improved:
- Activity duration
- Time management

Conclusions

- Interesting training method and satisfaction of participants
- Importance for Raviva instructors to share experiences with peers and interact with their colleagues
- Appropriate general concept
- Recommendations:
  - Longer period (at least 2 hours)
  - Best organization and control of timing
  - Attention to the involvement of all instructors
  - Importance of questioning the participants about their needs before the training

Examples of good practices have been shared!