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Highlights

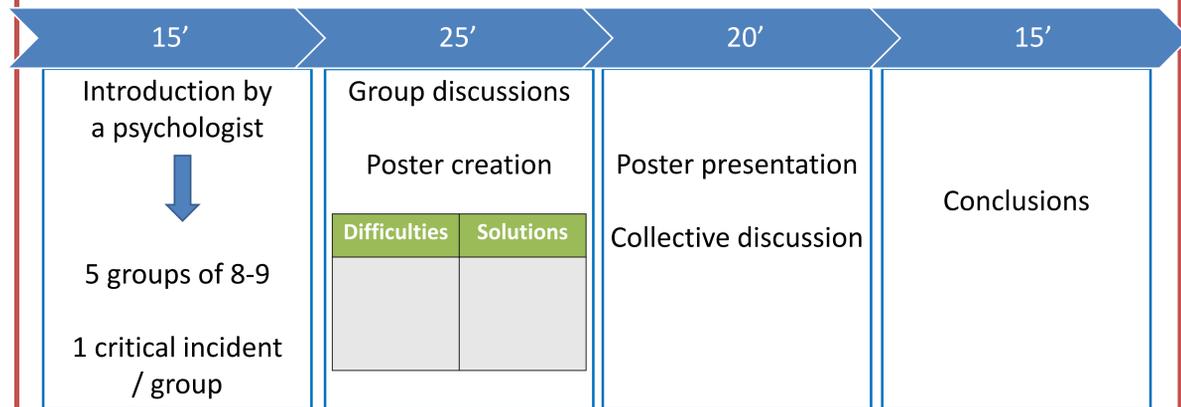
- **Raviva:** A Belgian physical activity (PA) program for people with cancer and/or cancer survivors
- **Purpose:** To describe and evaluate an interactive poster presentation session aiming to train the instructors of Raviva
- **Results:** All participants found the method interesting; they considered 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

Introduction

- **Raviva:** Belgian PA program for cancer patients and survivors (Fondation contre le Cancer – www.cancer.be)
- **Raviva instructors:**
 - ✓ Inconstant professional preparation and experiences
 - ✓ No compulsory specific training programs such those proposed by the ACSM (Schmitz et al., 2010)
 - ✓ Are interested in the participation in a specific training day
 - ✓ Are interested in the participation in discussion groups and experience sharing with peers (Rompen, Korycki & Cloes, 2015)
 - ✓ Importance of interacting with colleagues (Erickson et al., 2008)
- **Raviva's project:**
 - ✓ Organization of a training day for its instructors
 - ✓ Request of collaboration with SIGAPS - ULg

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)



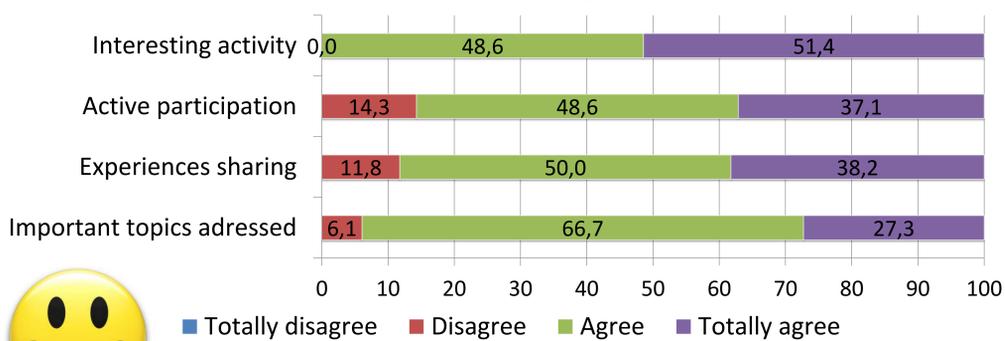
- **Data collection:**
 - ✓ Analysis of the posters
 - ✓ Questionnaire
 - ✓ Interviews of the organizers
 - ✓ Informal observation

Purpose

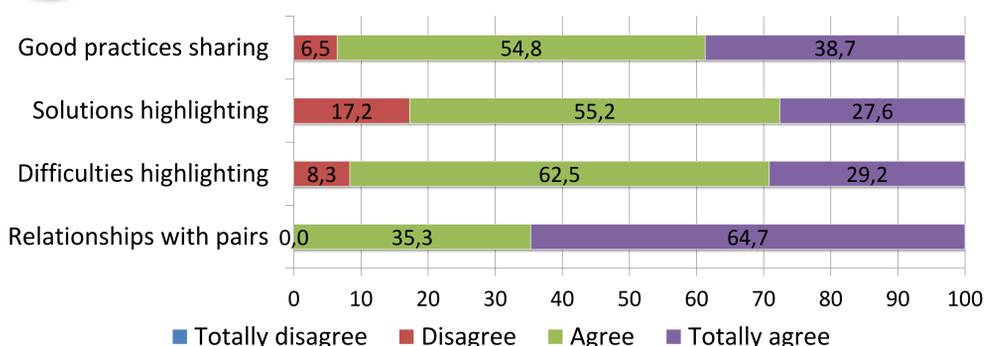
- To describe and evaluate an interactive poster presentation session implemented during the training
- To identify good practices focusing on psycho-emotional aspects within Raviva groups

Results

Instructors' opinion about the poster session



Instructors' opinion about the training day



Examples of good practices have been shared !

To be improved:

- Activity duration
- Time management



Participants' opinion

- ✓ "The allocated time was too short"
- ✓ "Allow at least one hour more for that"

Organizers' opinion

- ✓ "Serious timing problems"
- ✓ "Poor organization"

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