




Education of instructors of a physical activity program for cancer patients and survivors: planning and evaluation of interactive adapted physical activity working groups

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Cancer and physical activity

- PA has many beneficial effects on cancer patients and survivors
 - Quality of life, cardiovascular fitness, fatigue (McNeely et al., 2006)
 - Mortality (Holmes et al., 2005 ; Meyerhardt et al., 2006 ; Fong et al., 2012)

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Cancer exercise specialists

- American College of Sports Medicine / American Cancer Society
 - ACSM/ACS Certified Cancer Exercise Trainer
- European Health and Fitness Association
 - Standards for Exercise for Health Specialist
- CAMI Sport et Cancer / Université Paris XIII (France)
 - University degree "Sport & Cancer"

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In Belgium

- Hospital oncological rehabilitation
 - Multidisciplinary care (physicians, physiotherapists, psychologists)
- Fondation contre le Cancer

Raviva : move to feel better ! 

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Raviva : move to feel better !

- Belgian Adapted Physical Activity (APA) program for cancer patients or survivors
 - Fitness, aquafitness, nordic walk, yoga/taï-chi
 - For patients during treatment or one year after the end of the treatment
 - For maximum one year

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Raviva instructors

- Inconstant professional preparation and experiences
- No compulsory specific training programs

➔ Collaboration between Raviva and ULg to organize a training day for all Raviva instructors

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Training day planning

- It is important to interact with colleagues and to share experiences with them (Erickson et al., 2008)
- Rompen, Korycki & Cloes (2015) :
 - Raviva instructors are interested in the participation in a specific training day
 - Would like to actively participate to some physical activity working groups
 - Are ready to show some parts of their own activities and to share their experiences with their peers

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Training day program

- 41 Raviva instructors and 2 PE students

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
	Interactive APA working groups

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Purpose

To analyze and evaluate the interactive APA working groups and their process

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Methods

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The working groups

- Purpose: to share experiences and good practices
- Duration: 1h15
- Group leader: one voluntary and experienced Raviva instructor

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The working groups

N = 13 N = 15 N = 15



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The working groups

15'

- Each participant fill in a form in which he presents and explains 1 or 2 exercise(s) or part(s) of PA session that he judges as a good practice.

60'

- In turns, each participant becomes the instructor and presents his/her exercise or part of session to the others which have to actively participate to the session. After each exercise, an opportunity to discuss is offered to all participants.

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Collecting tools

- The forms filled in at the beginning of the working groups (n=25)
- Interviews of the organizers (n=4)
- A questionnaire for the trainees (n=35)
- Informal observation

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Results

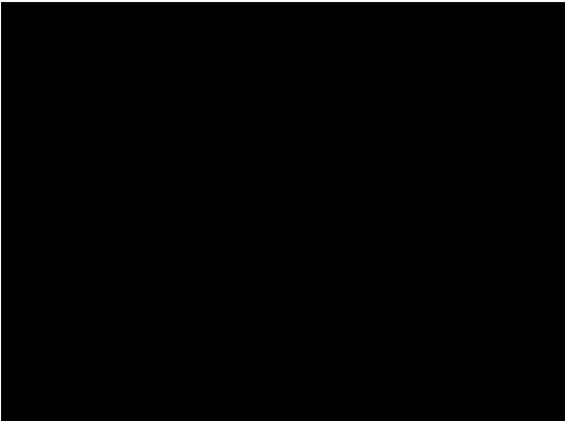
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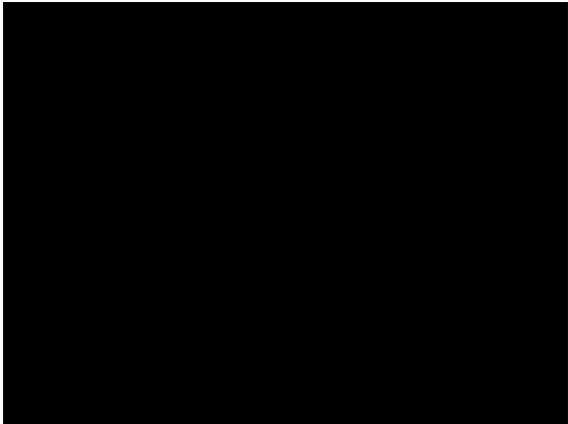
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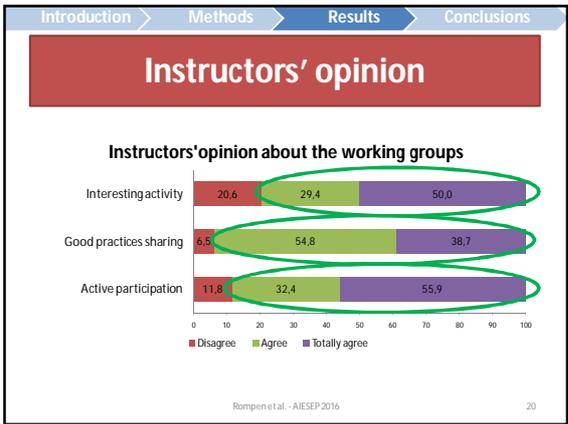
Some experiences and good practices have been shared

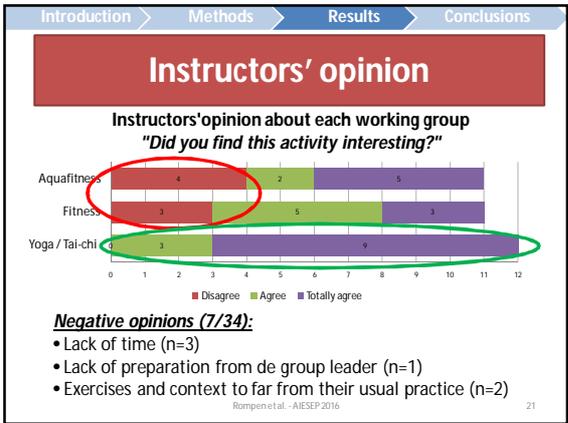
- 25 good practices collected
- Confirmed by the observations

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Instructors' opinion

Strengths (n=77) and weaknesses (n=47) of the training day



APA working groups (n=9)
Knowledge and experiences sharing (n=14)

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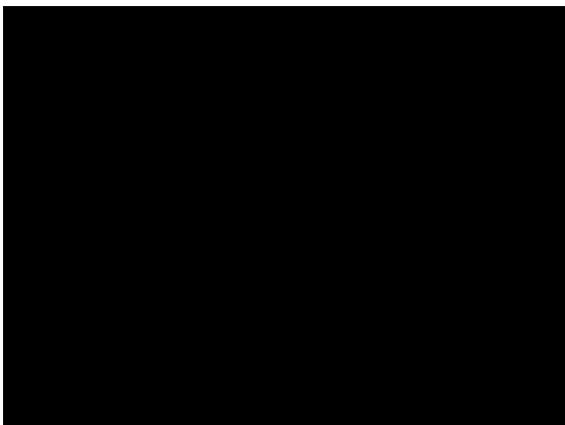
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Organizers' opinion and observations



Interesting activity
Experiences and good practices sharing

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Conclusions

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- Global satisfaction of the trainees
- Sharing of experiences and good practices

➔ The global concept seems to be appropriate

- Recommendations:
 - Give more time to the activity
 - Ensure active involvement of all participants
- Further research is needed to measure the impact of such methods on their real practices

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**THANK
YOU
VERY
MUCH!**

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