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OnkoMoveNurse - FIT by nurses: Physical activity in people with cancer during systemic antitumor therapy in an oncology day clinic initiated by nurses - Proof-of-concept study on the implementation of a person-centered physical activity concept

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Physical activity (PA) is one of the most evidence-based supportive interventions in oncology, improving symptoms and in certain tumour entities even overall survival. Yet oncology day clinics lack a systematic approach to promoting it. Patients should be supported before, during and after therapy to integrate more PA into their daily lives. The “OnkoMoveNurse” concept offers oncology nurses a framework to encourage PA in routine care and foster a PA-friendly-culture. It includes three components: an activity compendium, a safety-concept and a communication-concept. Implementation is guided by person-centeredness and a team approach, supported by materials and interactive workshops. The aim is to evaluate feasibility and acceptance of OnkoMoveNurse in an oncology day clinic among patients and staff and to assess changes in patients’ PA, self-efficacy, well-being, and depressive symptoms.

Methods:

This proof-of-concept study uses a Hybrid Type 1 implementation design. The evaluation combines quantitative Patient-Reported-Outcome Measures (activity behaviour [BSA 3.0], quality of life [EORTC-QLQ-C30 3.0], sports-related self-efficacy [SSA], depressive symptoms [PHQ-2]) in a pre–post design (n=50) with qualitative methods, including digital storytelling, interviews (n=4), focus groups (n=2) and feedback questionnaires, to capture perspectives of patients and healthcare professionals. Quantitative analyses will follow an intention-to-treat approach (e.g., paired t-tests, $\alpha=0.05$). Qualitative content analysis will follow Kuckartz and Rädiker.

Expected Results:

The evaluation will (1) examine how patients integrate PA on treatment days and throughout therapy, and (2) assess feasibility, acceptance, and resource requirements from the perspective of nurses and interprofessional staff. We expect changes in patients’ activity levels, self-efficacy, well-being, and depressive symptoms over the course of therapy.

Discussion:

In our presentation, we will share initial study results. We expect OnkoMoveNurse to positively influence the PA of patients by embedding activity promotion into daily routines. We anticipate these changes to be sustainable, as the intervention is integrated into everyday practice and the care environment.

Keywords

Physical activity-friendly culture, cancer, fit by nurses, evaluation

Conflict of Interest & Ethical Approval

yes

Abstract submitters declaration

yes

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