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## TEAM Me (Totally Excited about Moving, Mobility & Exercise), An Inpatient Hematopoietic Stem Cell Transplant Mobility Incentive Study

**Background:** Hospitalization for hematopoietic stem cell transplantation (HSCT) is associated with inactivity, and deconditioning in children, adolescent and young adults (CAYAs). Interventions promoting mobility during HSCT are limited. TEAM Me (Totally Excited About Moving, Mobility and Exercise) is a program utilizing a token economy system to encourage physical activity during hospitalization. During admission, tiered prizes are earned by completing walking laps, participating in physical/occupational therapy sessions, and group fitness activities.

**Objectives:** This pilot study evaluated feasibility of TEAM Me among hospitalized CAYAs undergoing HSCT. Primary outcomes included enrollment and measurement completion rate.

**Methods:** A non-random, matched-cohort, cluster-design was utilized to assign participants by site to the TEAM Me intervention, or standard-care control arm. Functional outcomes were assessed at admission, HSCT days: 0, +21, and discharge. Assessments included: Six-Minute Walk (6MWT), Timed Up-and-Go (TUG), 30-Second Sit-to-Stand (30STS), Functional Independence Measure (FIM) and Grip Strength (GS).

**Results:** Of 41 patients approached at the intervention site, 30 (73.2%) enrolled. Patients are median age 15 years (range 6-24 yrs), with 20 males. Most common diagnosis was leukemia. Baseline Lansky/Karnofsky scores ranged 80-100%.

At admission, completion rates were 100% for 6MWT, TUG, 30STS, FIM, and 93.3% for GS. Day 0 completion was 93.1% for 6MWT and GS, 89.7% for 30STS, and 86.2% for TUG and FIM. Day 21 was 95.2% for 6MWT, TUG, and 30STS, 90.5% for GS and FIM. At discharge, rates were 100% completion for TUG and 30STS, 96.4% for 6MWT, 92.9% for GS and 78.5% for FIM. Patients were discharged at median of Day +28 (range Day+13-Day+109) Control-site accrual remains ongoing.

**Conclusions:** TEAM Me is a feasible intervention promoting activity among CAYA HSCT patients. Final comparative analyses will occur following completion of control-site enrollment. Preliminary observations suggest high participant engagement with the TEAM Me program encouraging integration of mobility promotion during HSCT.

### Keywords

Transplant, AYA, Pediatrics, Mobility Incentive

### Conflict of Interest & Ethical Approval

yes

### Abstract submitters declaration

yes

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