Understanding physical activity behavior in patients with bladder cancer before and after radical surgery: a qualitative interview study

Elke Rammant, PhD student, Gent University

@ElkeRammant
Why focus on bladder cancer?

Little research and initiatives for this population
Why focus on physical activity?

- **Evidence in bladder cancer**: (Rammant et al. 2017)
  - Little evidence
  - Physical fitness, muscle strength, HRQoL

- **Low physical activity levels** (Karvinen et al. 2007)

- **Challenging** (Shahrokh et al. 2009; Cerantola et al. 2013)
So...

- Fragile population
- Multiple side effects after their treatments
- The potential positive effects of physical activity
- The low levels of physical activity

→ Promotion of physical activity

To identify the determinants of physical activity before and after radical surgery in bladder cancer patients
What did we do?

- Qualitative research design
- Semi-structured interviews (n=30)
- Audio-taped and transcribed
- Nvivo → coding
Physical activity behavior: multivariate analysis

- Condition
- Therapy
- Patient
- Social/Economic
- Health System

Introduction – Objective – Methods – **Results** – Discussion – Conclusion
Recommendations for clinical practice (1)

- Different levels of the community
- Availability of a physical activity program
- Information (e.g. benefits, definition)
- Before surgery → window of opportunity
- After surgery
  - Supervised by the healthcare team
  - Less afraid to counteract healing process
Recommendations for clinical practice (2)

- Visual representation of progress
- Analysis of the environment
- Psychosocial component
- Social support (e.g. family, peers)
Conclusion

- Insight into the determinants of physical activity in bladder cancer
- Guide the development of theory-based behavior change interventions to increase physical activity

Faculty Disclosure

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