



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

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Why focus on bladder cancer?


2018
28-30 JUNE
VIENNA, AUSTRIA
SUPPORTIVE CARE
MAKES EXCELLENT
CANCER CARE POSSIBLE



Little research and initiatives for this population

Introduction – Objective – Methods – Results – Discussion – Conclusion



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)

Introduction – Objective – Methods – Results – Discussion – Conclusion



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

Introduction – **Objective** – Methods – Results – Discussion – Conclusion



What did we do?

- Qualitative research design
- Semi-structured interviews (n=30)
- Audio-taped and transcribed
- Nvivo → coding



Introduction – Objective – **Methods** – Results – Discussion – Conclusion



Physical activity

CONDITION

THERAPY

Social

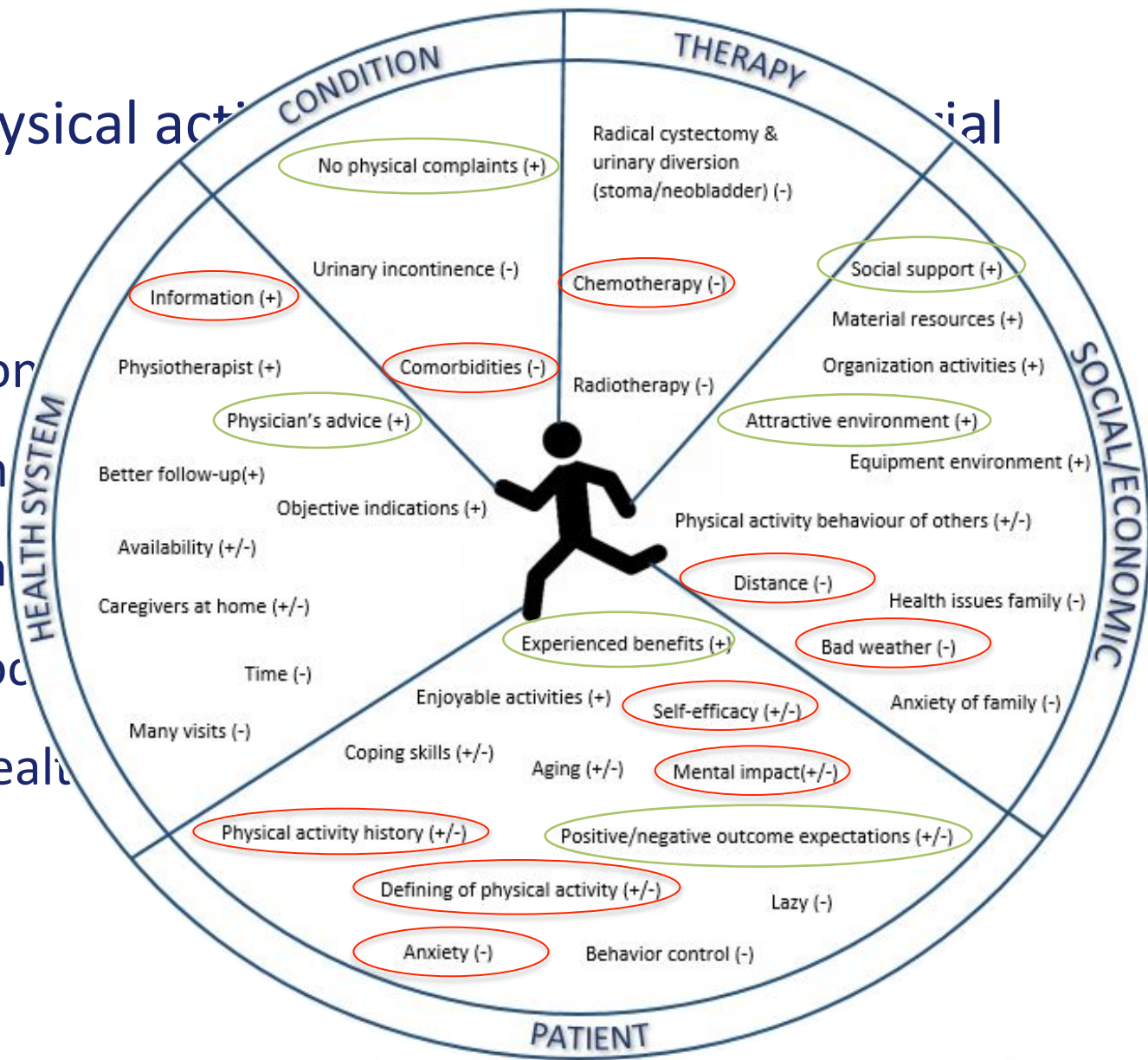


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Recommendations for clinical practice (1)

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

Introduction – Objective – Methods – Results – **Discussion** – Conclusion



Recommendations for clinical practice (2)

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



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SUPPORTIVE CARE IN CANCER



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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

X	No, nothing to disclose
	Yes, please specify:

