

Centrum für Familiengesundheit | Kindeonkologie und -hämatologie

# Feasibility and Acceptance of Combined Inpatient and Online Exercise Program for Children and Adolescents with Cancer during Anticancer Treatment

Böhlke L<sup>1</sup>, Friedrich A<sup>1</sup>, Hero B<sup>1</sup>, Simon T<sup>1</sup>, Zoth N<sup>2</sup> & Baumann FT<sup>2</sup>

<sup>1</sup>Centrum für Familiengesundheit CEFAM, Pädiatrische Onkologie und Hämatologie, Uniklinik Köln, Köln, Deutschland

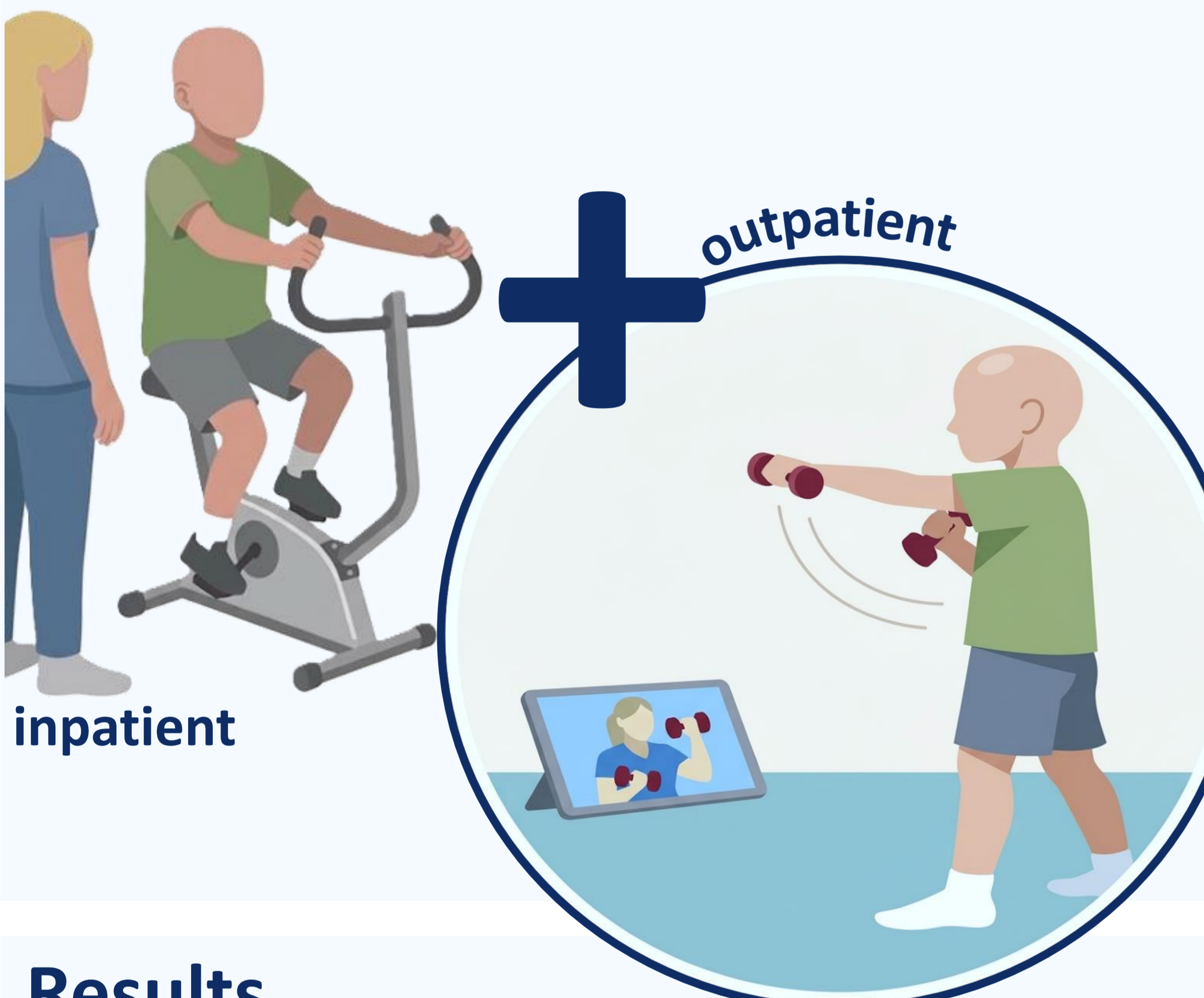
<sup>2</sup>Centrum für Integrierte Onkologie CIO, Abteilung für Innere Medizin I, Uniklinik Köln, Köln, Deutschland

## Background

Reduced physical activity among patients in inpatient and outpatient settings compared to healthy children / siblings.<sup>1</sup>

<sup>1</sup> Götte M, Kesting S, Winter C et al. Comparison of self-reported physical activity in children and adolescents before and during cancer treatment. *Pediatr Blood Cancer*; DOI: 10.1002/pbc.24898

## Methods

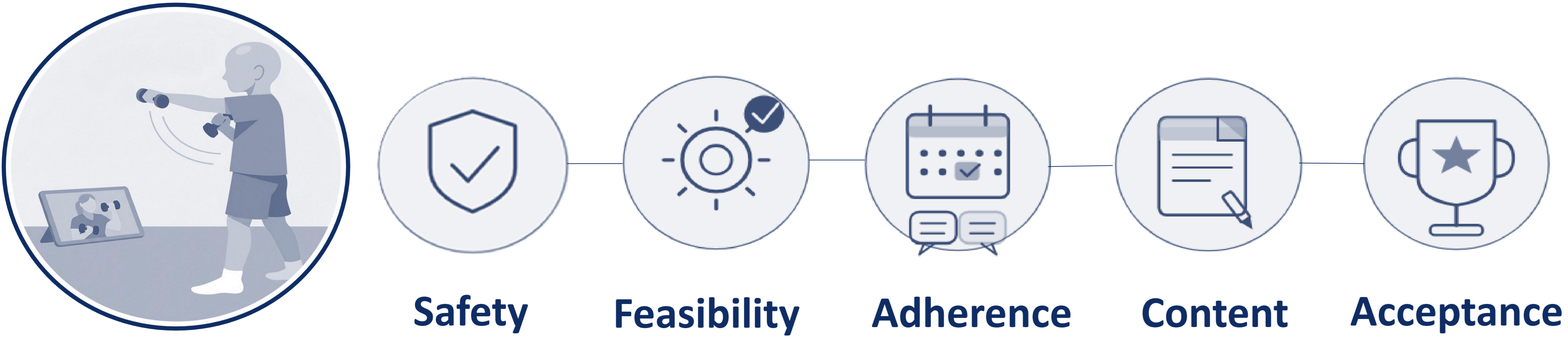
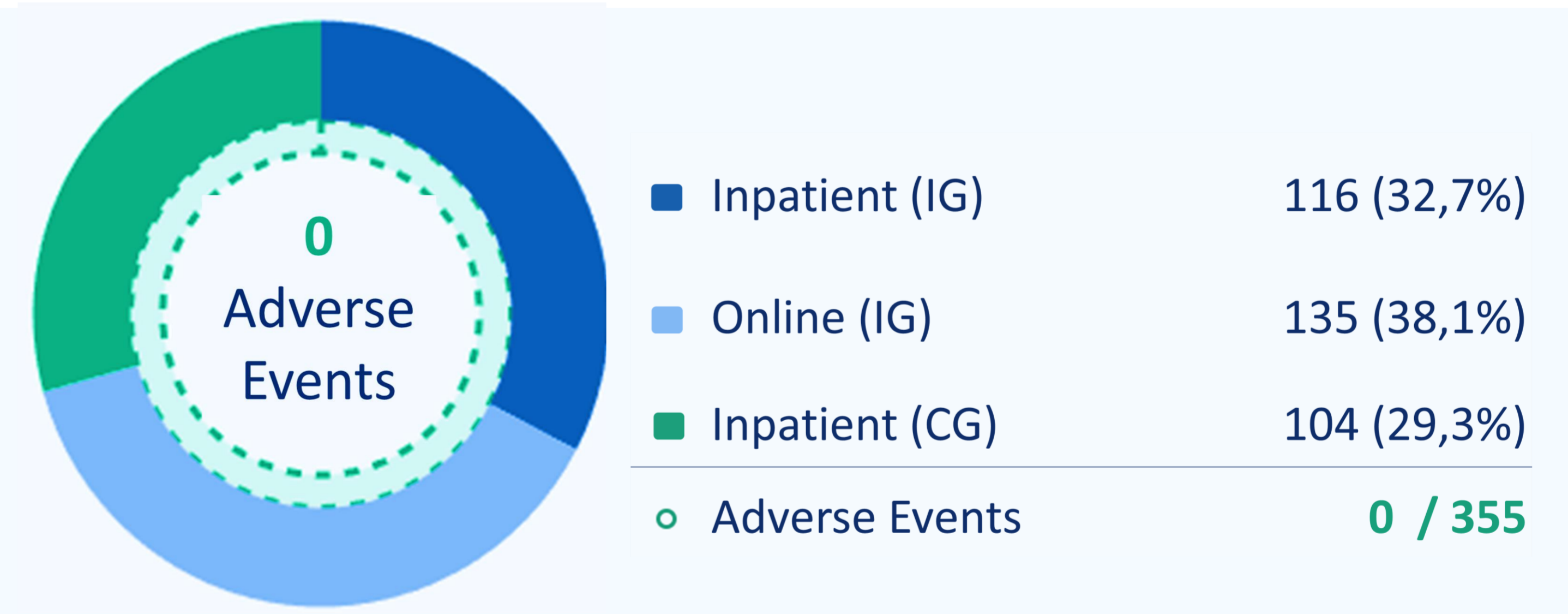


<b>Design</b>	Randomized controlled trial	
<b>Period of Intervention</b>	12 weeks	
<b>Patients</b>	<ul style="list-style-type: none"> <li>Patients undergoing medical treatment (1:1)</li> <li>≥ 6 – 17 years</li> <li>Diagnosis no longer than 12 weeks ago</li> </ul>	
<b>Intervention</b>	<b>Intervention Group (IG)</b> <ul style="list-style-type: none"> <li>Supervised exercise sessions during inpatient stays</li> <li>Home-based Supervised exercise sessions during outpatient stays (online)</li> </ul>	<b>Control Group (Usual Care, CG)</b> <ul style="list-style-type: none"> <li>Supervised exercise sessions during inpatient stays</li> </ul>
<b>Primary Endpoints</b>	Physical activity behavior	



## Results

<b>Intervention group</b> n=10	<b>Control group</b> n=11
Sex: 9m / 1f	Sex: 8m / 3f
Mean age: 11.7yrs (7-16)	Mean age: 11.6yrs (6-16)
Different diagnoses: 8	Different diagnoses: 7



### Conclusion

Supervised, home-based online exercise sessions are feasible, safe, and well-accepted during the outpatient phases of anticancer treatment for children and adolescents.