

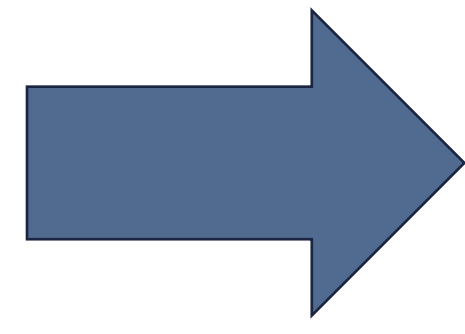
Feasibility and validity of the 6-minute cycling test in childhood cancer patients

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INTRODUCTION

Challenges in assessing endurance capacity in childhood cancer patients



Aim: To assess the feasibility and validity of the 6-minute cycling test (6MCT) in childhood cancer patients

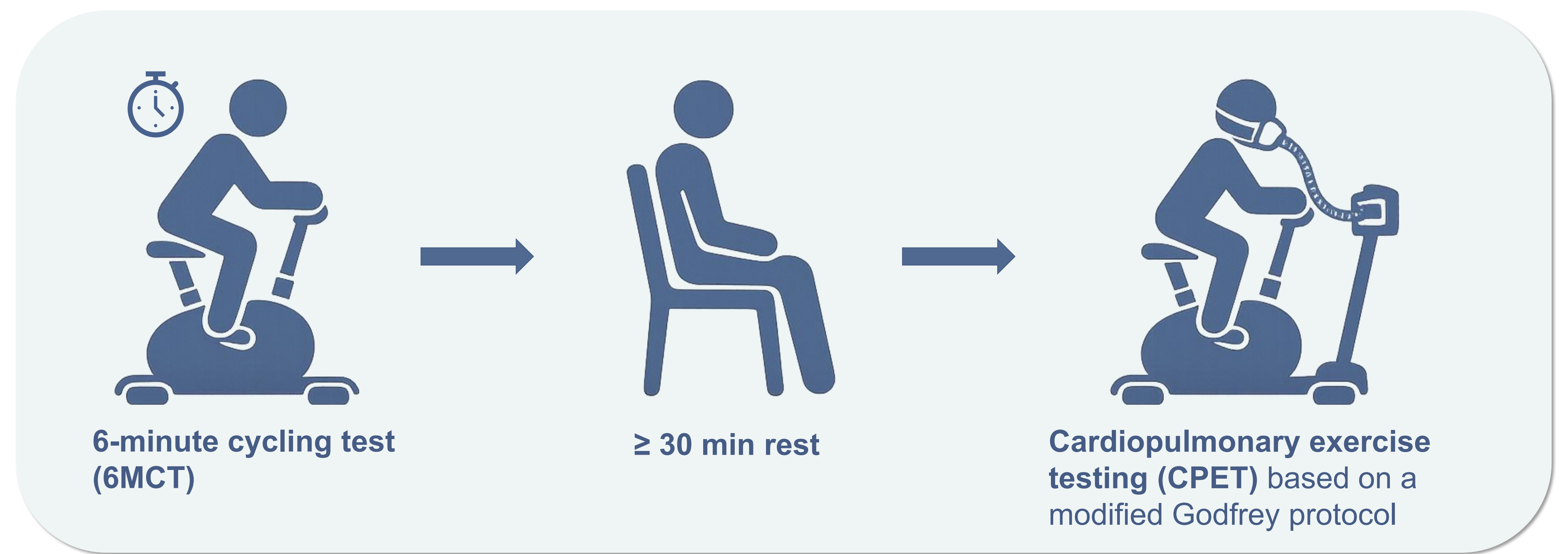
METHODS

Test protocol of the 6MCT (adapted from Jansen et al. 2012, DOI: 10.1002/mus.23369)

6 min on a cycle ergometer at a workload of 7 watts

Collect:

- Revolutions
- Heart rate
- Rating of perceived exertion (Borg₆₋₂₀)
- Compliance (1 = very high → 5 = very low)



RESULTS



N = 71

Age: 9.6 ± 4.0 (4-20) years

n = 46 additionally underwent CPET



Revolutions after 6 min: 550 ± 128



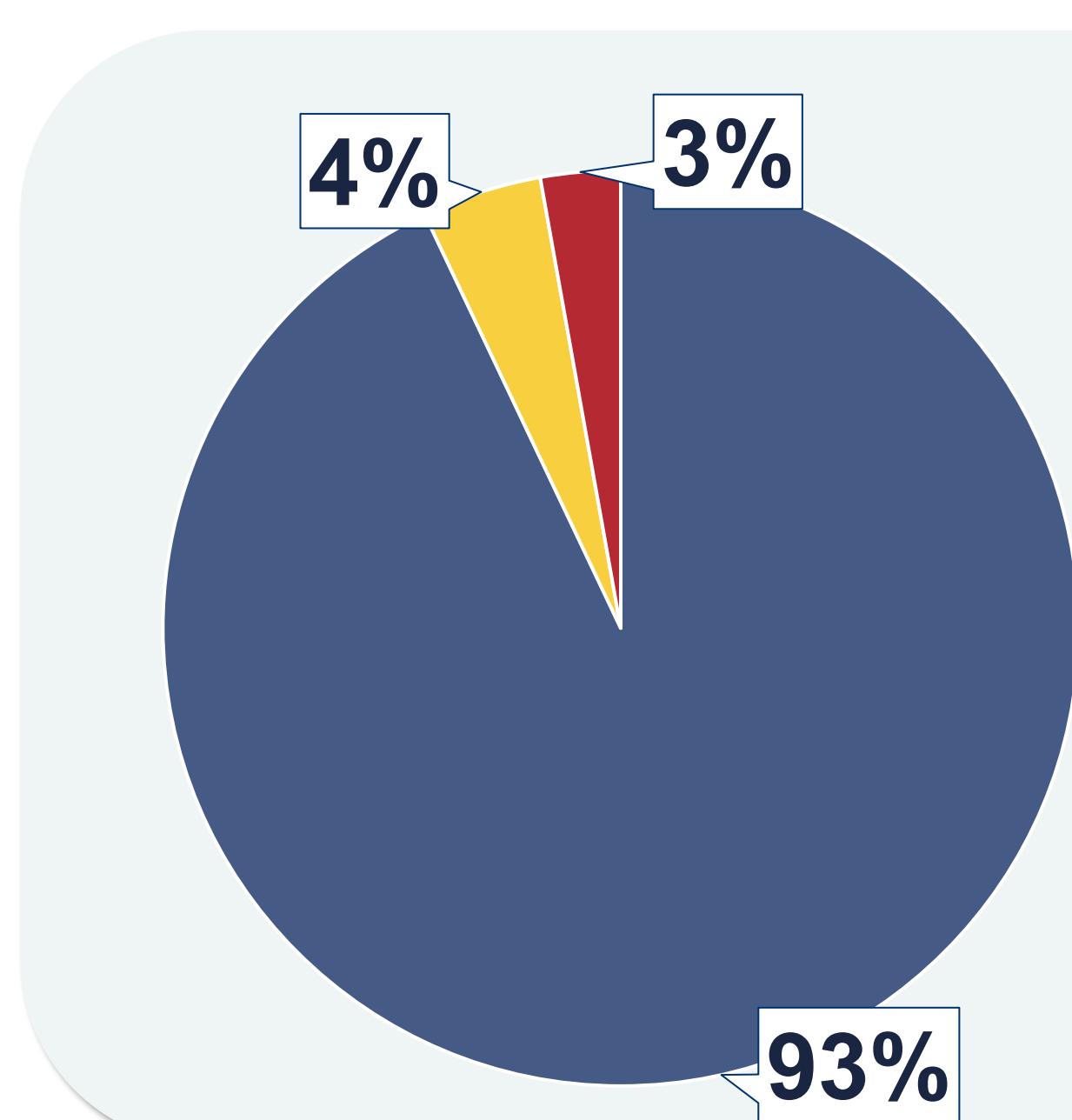
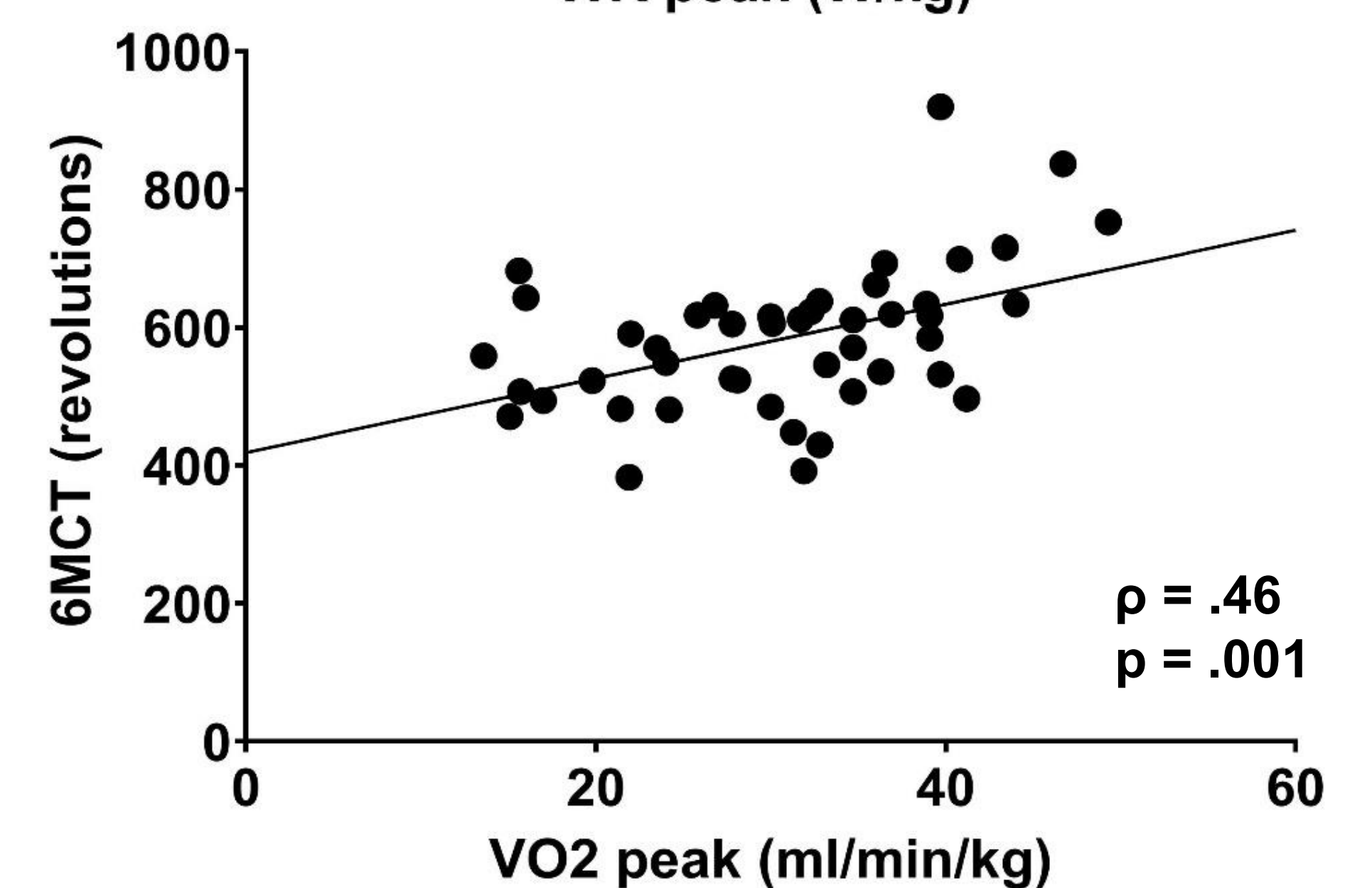
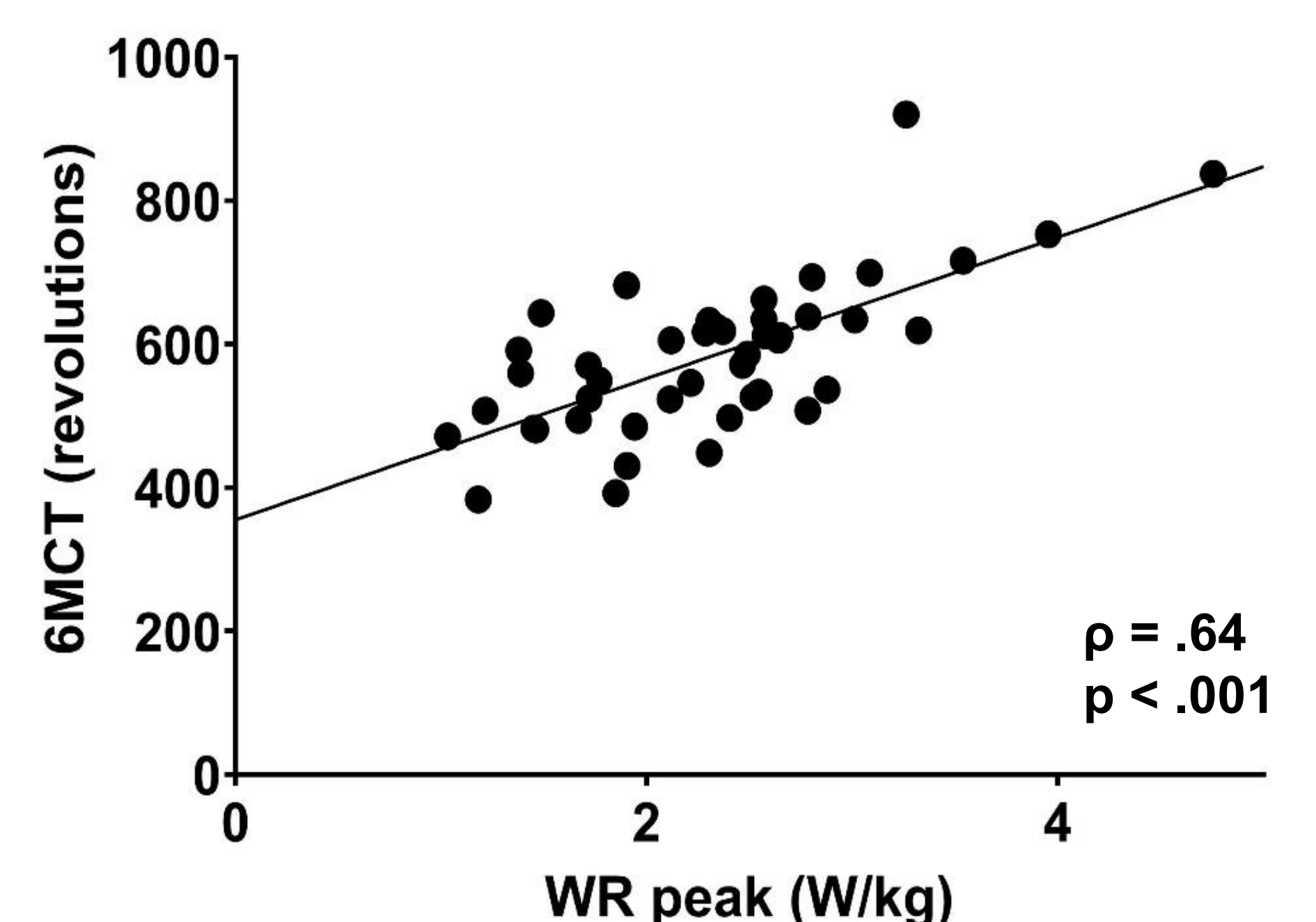
HR after 6 min: 157 ± 25



RPE (BORG₆₋₂₀): 15 ± 4



Compliance: 1.4 ± 0.9



CONCLUSION



- 6MCT is feasible and valid in childhood cancer patients
- Easily applicable in clinical practice



- Heterogenous study population (age, diagnosis, treatment phase)
- Reliability is not assessed