

# From Evidence to Everyday Practice: Co-creating and Implementing a Physical Activity Program in Pediatric Oncology with the KiKli Fit Project

Rehbein, Lars<sup>1,2</sup>, Hillebrecht, Lisa<sup>2</sup>, Schneider, Ann Christin<sup>1,2</sup>, Schindera, Christina<sup>3</sup>, Singh, Amika<sup>4</sup>, Brack, Eva<sup>2</sup> & Benzing, Valentin<sup>1</sup>

<sup>1</sup>Institute of Sport Science, University of Bern, Switzerland

<sup>2</sup>Department of Pediatric Hematology/Oncology, University Hospital Inselspital Bern, Switzerland

<sup>3</sup>Department of Pediatric Hematology/Oncology, University Hospital UKBB Basel, Switzerland

<sup>4</sup>Mulier Instituut, Utrecht, Netherlands

## Background

- Physical activity (PA) can improve physical and mental health in childhood cancer patients.
- Systematic promotion of PA (exercise therapy) during cancer therapy remains rare implemented in swiss pediatric oncology.
- The KiKli Fit project was developed, offering supervised exercise therapy at the University Hospital of Bern to close this implementation gap.

## Aim

- Design and implement a exercise therapy program
- Evaluate acceptance, barriers and facilitators in different stakeholder groups

## Methods

### Design:

- 3 phases mixed-methods study

### Participants:

- Patients ( $n = 22$ )
- Healthcare professionals ( $n = 25$ )
- Project team ( $n = 3$ )

### Data:

- Semi-structured interviews & focus group discussion
- Questionnaire
- Participation data

### Analysis:

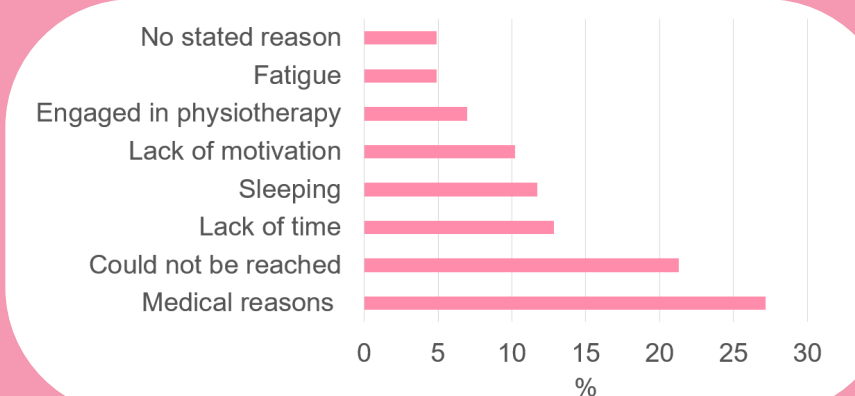
- Qualitative content analysis
- Descriptive statistics

## Results

- High acceptance & appropriateness
- Overall patient reach (45%)

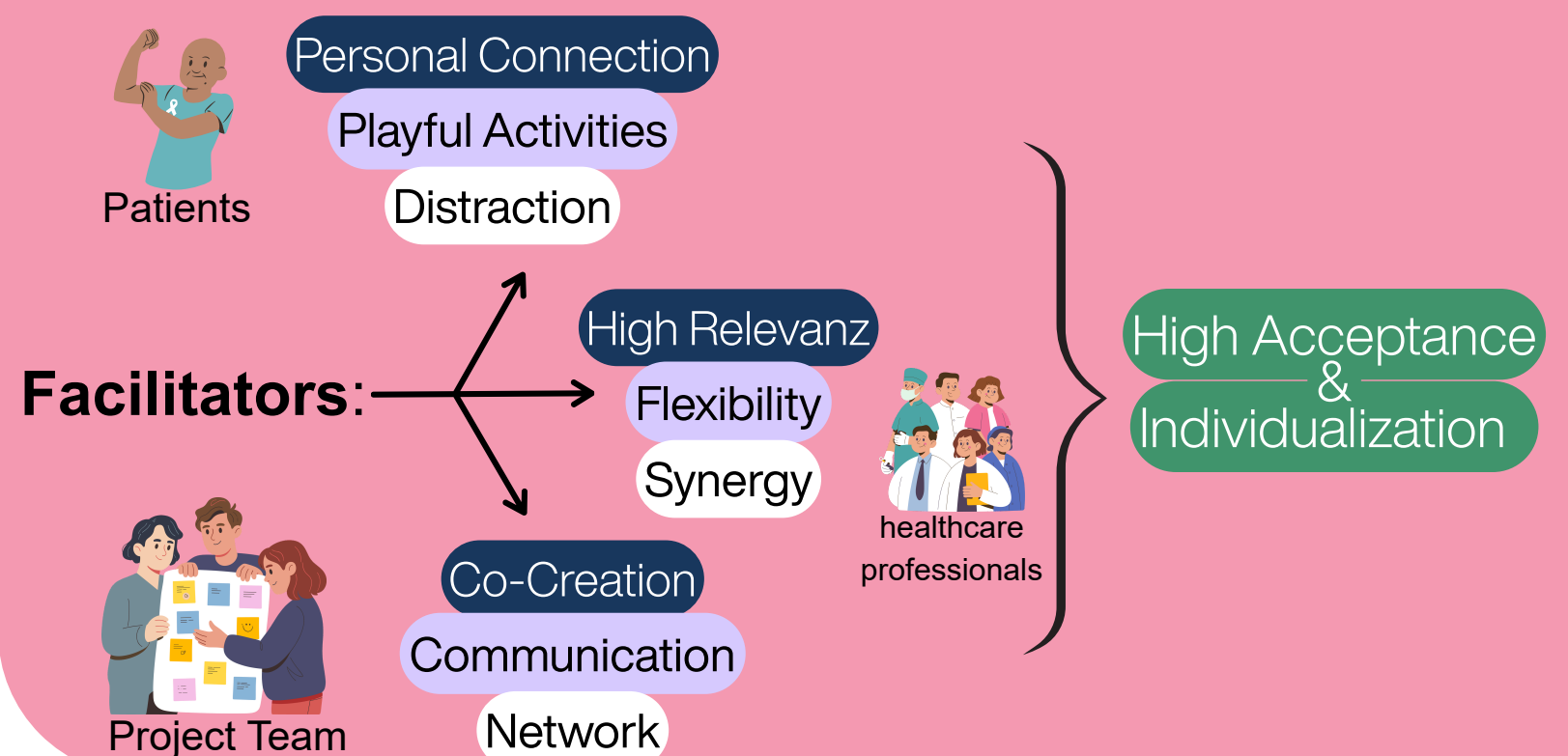
### Barriers

for participation  
in exercise  
therapy session:



### General barriers:

- Funding, clinical structure



## Discussion & Outlook

- High **acceptance** across patients and healthcare professionals supports the **relevance** of exercise therapy in pediatric oncology
- Key **barriers**: Limited institutional **integration** (not embedded as standard care) and participation barriers for patients
- Sustainable** implementation requires long-term **funding**



### References

- Braam, K. I., van der Torre, P., Takken, T., Veening, M. A., van Dulmen-den Broeder, E., & Kaspers, G. J. (2016). Physical exercise training interventions for children and young adults during and after treatment for childhood cancer. *Cochrane Database of Systematic Reviews*, 3(3), 1465-1858. <https://doi.org/10.1002/14651858.CD008796.pub3>

Visit our project homepage



krebsliga schweiz



Teamco  
Foundation  
Schweiz



Lars Rehbein  
lars.rehbein@unibe.ch