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Exercise and Hospitalized Leukemia Patients

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INTRODUCTION

• Acute leukemia patients experience numerous physical and emotional symptoms during induction chemotherapy.
• Exercise might relieve some symptom distress and has been shown to improve sleep patterns and quality of life.
• The National Comprehensive Cancer Network Distress Thermometer, a validated tool which measures psychological, social, and spiritual aspects of care was used.

METHODS

• Prospective design.
• Thirty subjects were randomized into the intervention or control groups.
• Patients completed the NCCN Symptom Distress Thermometer.

RESULTS

A repeated measures ANOVA revealed a significant decrease in distress scores over time, regardless of group ($F = 10.76, p = 0.001$). However, distress scores were not significantly different between the two groups ($F = 0.334, p = 0.714$).

CONCLUSION

• Improvement in distress in both the intervention and control groups.
• As a result, staff is encouraging patients to increase their ambulation.
• Study limitations include: limited sample size and placebo effect. Patients enrolled in the study may have been more motivated to increase their ambulation.

OBJECTIVE

The purpose of this study was to determine if patients in a structured, monitored walking program experienced less symptom distress than patients receiving the usual standard of care during induction chemotherapy.

REFERENCES


NEXT STEPS

• Investigate causes of distress using the same NCCN Symptom Distress Thermometer Tool.
• Expand this study to include a larger population of cancer patients.

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