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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.

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.

REFERENCES

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