

Ambulating Oncology Patients: Nurses Perspective.

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Ambulating Oncology Patients: Nurses Perspective

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Background

- Identified an opportunity to increase nursing knowledge of the impact mobility has on the health of the oncology patient, which was noticed during bedside shift report.
- Conversations with oncology providers and nurses about the lack of exercise patients are experiencing while hospitalized.

PICO question

PICO Question – Will an educational module increase the oncology nurse’s knowledge related to the benefits of exercise in the patient population?

P-Oncology Nurses on 7C and 5T

I- Education on the importance of physical activity in the oncology population.

C-No education

O-Increase nurses knowledge related to the benefits of physical activity.

Evidence

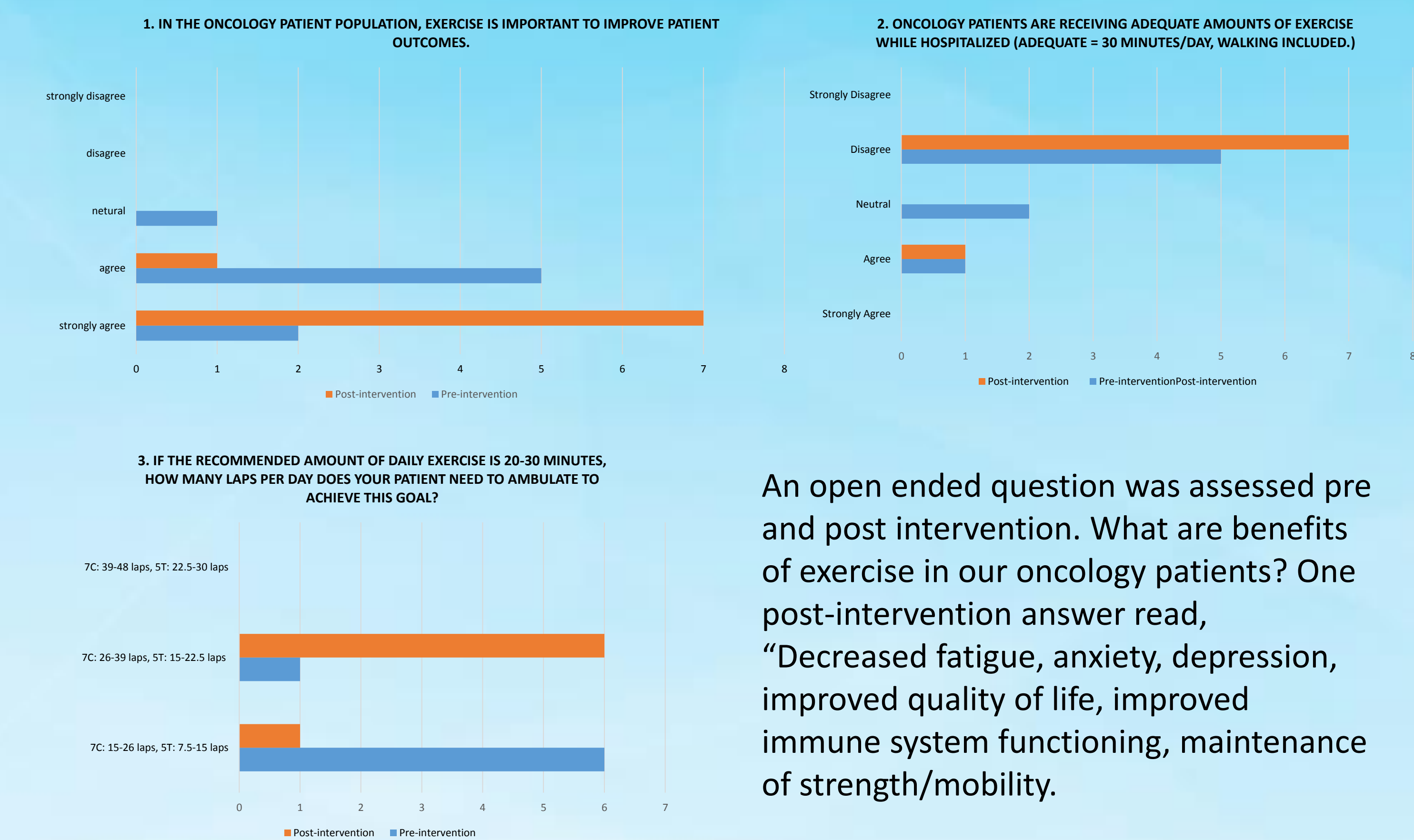
- Increase in primary and secondary endpoints after 3 hours and thirty minutes of aerobic exercise a week after induction chemotherapy Primary endpoints – functional capacity/exercise capacity (6 minute walk distance) Secondary endpoints – V02 max test, sit to stand test, bicep curl test, physical activity levels, patient reported outcomes (quality of life, anxiety, depression, symptom prevalence, intensity and interference) (Jarden et al., 2013)
- Increase in body weight after two 50 minute sessions a week consisting of a warm up, circuit training, and stretching/relaxation (Oldervall et al., 2011).
- All parameters of immune function (cytokines, mediating proteins, cell counts and functions) improve with acute and/or chronic exercise (Jarsma et al., 2013)
- Resilience is negatively associated with psychological distress, and that resilience is associated with higher activity levels and functional capacity (Matzka et al., 2016).
- An average person’s walking speed equals 0.6 miles in 10 minutes (Evans, n.d.).

Implementation/Methods

- Inclusion criteria: Nurses on 7C and 5T.
- Education was provided through a self-study guide.
- A total of 44 RNs were notified about the education through email and during staff meetings.
- The education was tailored to the individual unit, specifically related to the number of laps a patient would need to ambulate to reach the daily recommended amount of exercise, which is 20-30 minutes per day or approximately 1.2 - 1.8 miles per day.
- Pre- and post-education data was collected through surveys regarding nurses knowledge and perspective on ambulating oncology patients.

Outcome

- 8 RNs total participated in the surveys and education.
- Based on the first graph, knowledge about the importance of ambulation in the oncology population increased after the education was provided.
- The second graph portrays that nurses perceive their patient’s daily exercise as inadequate after they received the education.
- The third graph shows the knowledge deficit that was present before intervention; with the education significantly improving the nurses’ knowledge on exactly the amount of laps a patient should be walking on each perspective unit.



An open ended question was assessed pre and post intervention. What are benefits of exercise in our oncology patients? One post-intervention answer read, “Decreased fatigue, anxiety, depression, improved quality of life, improved immune system functioning, maintenance of strength/mobility.”

Conclusion

- According to the data that was collected pre- and post-education, there is an increase in awareness of importance and knowledge of the benefits related to oncology patients getting exercise in an inpatient setting.
- Limitations to this study include a small sample size, time restrictions, and not assessing the actual patients and their exercising habits and knowledge.
- Moving forward, a patient centered study would be beneficial to obtain data on how getting the daily recommended amount of exercise affects the patients directly.

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