Exercise Adherence and Contamination in a Randomized Controlled Trial of Home-Based Walking Program among Patients undergoing Active Cancer Treatment

Author Information:

Authors List:
Presenting Author: Jingjing Shang
Additional Author: Jennifer Wenzel

Presenting Author: Jingjing Shang
Address: 4020 Greenmount Dr
Wilmington, DE 19810
USA
Ph: 302-482-8583
Fax:
Email: jshang1@son.jhmi.edu
Institution:

Additional Author: Jennifer Wenzel
Address: 525 North Wolfe Street
Baltimore, MD 21205
USA
Ph: 410-502-1114
Fax:
Email: jwenzel@son.jhmi.edu
Institution:

Abstract Information

Presentation Preference:
SNRS Podium Presentation

Willing To Submit Poster?
Yes

Abstract Categories:
Interest Group: Health Promotion/ Self-care
Thematic Areas: Chronic illness

Introduction:

Purpose/Aims: The purpose of this research was 1) to determine adherence/contamination rates in a randomized controlled trial (RCT) of home-based walking program among patients on active cancer treatment; 2) to identify predictors of exercise adherence/contamination.

Research Questions/Hypotheses: What are the exercise adherence/contamination rates in a RCT among patients on active cancer treatment? What variables predict exercise adherence/contamination in a RCT among patients on active cancer treatment?

Method(s):

Patients scheduled for chemotherapy or radiation therapy were randomized to usual care (UC) or an exercise program (EX) throughout cancer treatment. The intervention was a brisk, incremental 20-30 minute walk, 5-6 times/week. Subjects in both groups completed a daily activity log measuring exercise activity level and time. Exercise adherence (or contamination) was determined when a subject engaged in more than 60 minute of aerobic activities in 3 session/week for more than 67% of the total prescribed week. Descriptive statistics identified exercise adherence and contamination rates. Hierarchical multiple regression analysis identified predictors of exercise adherence/ contamination.

Results:

126 patients completed the study, (EX=68, UC=58). Mean (SD) age of patients was 60.2 (10.6) years. Most patients were diagnosed with prostate (55.6%) and breast (32.5%) cancer. Adherence was 69% in the exercise group, and contamination was 50% in the control group. Marital status was positively related to exercise adherence in the exercise group (p < 0.05), and educational level was positively associated with exercise contamination in the control group (p < 0.05).

Discussion:
These results suggest that patients with family support are more likely to adhere to exercise prescription, while well-educated patients in the control group are likely to exercise, which contaminates results. Future CRT might stratify subjects based on their marital status and educational levels.