Physical Activity Preferences and Its Related Factors Among Cancer Patients Receiving Active Treatment

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introduction

Cancer is the top cause of death in Taiwan. These diseases have remained the leading causes of death in the last 35 years. According to the US Healthy People 2010 program, physical activity is first among the top 10 individual and community health indicators. Physical activity may help cancer patients promote and maintain their health. However, research on physical activity preferences of receiving active treatment cancer patients is still lacking.

Purpose

The purpose of our study was to investigate cancer patients’ physical activity preferences and relevant contributing factors.

Methods

This study used a descriptive and correlation design. Instruments included a physical activity preference survey form, the Godin Leisure-Time Exercise.

Results

• In total, 119 patients participated in this study, and results showed that only 23.5% of participants achieved recommended physical-activity guidelines.
• For the physical activity program preferences, 77.4% of patients showed an interest in physical activity programs, and many of the patients (82.4%) revealed that they were able to participate.
• About 67.2% of patients preferred light physical activity. 37% of participants preferred outdoor activities, and 22.7% of participants preferred to begin their physical activity during treatment.

Conclusions

The adherence to regular physical activity is improved by understanding the cancer patients’ unique preferences for physical activity.