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.
• 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.
• METHODS

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

- Educational materials on the importance of exercise
- Presentation on benefits of exercise
- Provided a pedometer to measure distances walked
- Given a motivational calendar with “historical milestones”

Control
Standard of Care

- Ambulation as tolerated
- Independently performed by patient
• RESULTS

The graph illustrates the mean distress scores for the Intervention Group and Control Group at three different time points: Initial, Midpoint, and Final.

- **Initial:** The Intervention Group has a higher mean distress score compared to the Control Group.
- **Midpoint:** The scores for both groups decrease, with the Intervention Group still slightly higher than the Control Group.
- **Final:** Both groups show a decrease in mean distress scores, with the Intervention Group remaining consistently higher than the Control Group.

The graph indicates a general trend of decreasing distress scores over time for both groups, with the Intervention Group maintaining a higher score at all points.

The image also includes a logo and a text that reads: "Thomas Jefferson University Hospital is a Magnet® recognized hospital."
• RESULTS Continued
• 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.
• 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.
• ACKNOWLEDGEMENTS

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