

# FITstrong: The feasibility of an exercise program for children who survived cancer

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruiting
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON28482

### Source

NTR

### Brief title

FITstrong

### Health condition

pediatric cancer exercise capacity training  
kanker bewegen training haalbaarheid kinderen

## Sponsors and support

**Source(s) of monetary or material Support:** Wetenschappelijk College Fysiotherapie (WCF)  
Stichting ROPArun

## Intervention

## Outcome measures

### Primary outcome

Feasibility of the program

## Secondary outcome

1. VO<sub>2</sub>peak
2. Muscle strength

## Study description

### Background summary

Background: Fatigue and impaired exercise tolerance are well documented symptoms in cancer survivors and have a detrimental effect on quality of life outcome. Recent findings in adult cancer treatment show beneficial effects of exercise training.

Objective of the study:

To determine the feasibility of an exercise program in childhood cancer survivors in the primary health care system

Study design:

A 12 week aerobic & muscle strength training program (2x/week) will be evaluated with immediate exercise testing and evaluation of habitual activities after the training period and this will be compared with a base line level that has been measured at the start of the program.

Study population:

Fifteen children between 6 -16 yrs of age with after successful treatment for childhood cancer.

Intervention:

Two times week exercise training (45 minutes) starting with warm up, followed by muscle strength components and aerobic components and ended with a cool down. The participants have to perform home exercise 2 times per week, and at increasing muscle strength/endurance.

Primary study parameters/outcome of the study:

Compliance and adherence during the program

Secondary study parameters/outcome of the study (if applicable):

Pre program and post program levels of exercise tolerance, muscle strength and habitual physical activity.

### Study objective

Exercise training is a feasible method to improve fitness (peak oxygen uptake), muscle strength and fatigue in children who survived cancer.

Feasibility will be studied according to the number of performed training sessions and a structured interview with patients and training about their opinion about the trainign program

### Intervention

Two times week exercise training (45 minutes) starting with warm up, followed by muscle strength components and aerobic components and ended with a cool down. The participants have to perform home exercise 2 times per week, and at increasing muscle strength/endurance.

## Contacts

### **Public**

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## Eligibility criteria

### **Inclusion criteria**

1. 6-18 years of age;
2. Between 0,5 and 1,5 years since final chemotherapy

### **Exclusion criteria**

Severe cardiomyopathy

## Study design

### Design

Study type:	Interventional
Intervention model:	Other
Masking:	Open (masking not used)
Control:	N/A , unknown

### Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-05-2007
Enrollment:	15
Type:	Anticipated

## Ethics review

Positive opinion	
Date:	09-07-2007
Application type:	First submission

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

### Register

NTR-new

NTR-old

Other

ISRCTN

### ID

NL989

NTR1017

:

ISRCTN08454156

## Study results

### Summary results

none