Fit by Foot!
Lifestyle adjustment for longterm childhood cancer survivors

Published: 12-10-2006
Last updated: 20-05-2024

To study the effectiveness of physical activity stimulation with help of a counselor, wearing a pedometer.

Ethical review	Approved WMO
Status	Pending
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON30038

Source
ToetsingOnline

Brief title
Fit by Foot!

Condition

- Other condition

Synonym
chronic fatigue, lack of energy

Health condition

vermoeidheid

Research involving
Human

Sponsors and support

Primary sponsor: Universitair Medisch Centrum Groningen
Source(s) of monetary or material Support: Terry Fox Stichting

Intervention

Keyword: Activity, Childhood Cancer Survivors, Fatigue, Lifestyle

Outcome measures

Primary outcome

Checklist individual Strength (CIS-questionnaire)

Secondary outcome

Activity level of the participants, measured in the average number of steps per

day.

Study description

Background summary

Due to a better chance of survival for childhood cancer survivors, this population is growing. Fatigue is often been seen at the longterm follow-up clinic. Research has shown that activity stimulation results in a decrease of fatigue.
'Fit by Foot!' is a program which leads to more physical activity in daily life in a simple way.

Study objective

To study the effectiveness of physical activity stimulation with help of a counselor, wearing a pedometer.

Study design

Fatigued patients seen at the longterm follow-up clinic will be invited to participate in the program 'Fit by Foot!'. Participants will be asked to change their lifestyle with the help of a counselor in order to increase their physical activity level in three months time. These changes will be achieved by wearing a pedometer and setting new personal activity goals. Physical activity

will be registered in a diary.

Intervention

Fatigued childhood cancer survivors who have a low physical activity level in daily life, will be activated with the following:

- Counseling
- Pedometer SW-200
- Information leaflet
- Diary

Study burden and risks

not applicable

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

- Fatigue (2/3 or over on VAS-scale) and PACE-questionnaire, answer 1, 2, or 3.
- 18 years or over
- Dutch speaking
- Off-treatment for 5 years or over

Exclusion criteria

- Wheelchair dependent
- Heartfailure, lungfibrosis, or other medical conditions incompatible with physical activity

Study design

Design

Study type:	Interventional
Intervention model:	Other
Allocation:	Non-randomized controlled trial
Masking:	Open (masking not used)

Primary purpose: Other

Recruitment

NL

Recruitment status:	Pending
Start date (anticipated):	01-10-2006
Enrollment:	50
Type:	Anticipated

Ethics review

Approved WMO

Application type:	First submission

Review commission: METC Universitair Medisch Centrum Groningen (Groningen)

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	ID
CCMO	NL14009.042.06