The feasibility of an exercise program for primary care facilities in childhood cancer survivors (FitStrong project).

Published: 02-04-2007
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To determine the feasibility of a trainingprogram in childhood cancer survivors in the primary health care system

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Miscellaneous and site unspecified neoplasms benign
Study type	Interventional

Summary

ID

NL-OMON30562

Source
ToetsingOnline

Brief title
FitStrong project

Condition

- Miscellaneous and site unspecified neoplasms benign

Synonym
fatigue in pediatric cancer

Research involving
Human

Sponsors and support

Primary sponsor: Universitair Medisch Centrum Utrecht
Source(s) of monetary or material Support: KNGF fonds

Intervention

Keyword: aerobic training, muscle strength, training program

Outcome measures

Primary outcome

Satisfaction about the traingsperiod and program of both trainers and patients.

Furthermore complicance and adherance of both the home-based program and

supervised program will be monitored.

Secondary outcome

Pre program and postprogram levels of exercise tolerance, muscle strength,

fatigue and habitual activity.

Study description

Background summary

Title: Feasibility of a trainingprogram fot primary care facilities in childhood cancer survivors (FitStrong project).

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

Study objective

To determine the feasibility of a trainingprogram in childhood cancer survivors in the primary health care system

Study design

A 12 week supervised aerobic, anaerobic & muscle strength training program (2x/week) accopagnied by 2x/week hometrainingprogram, 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

maesured at the start of the program.

Intervention

Twice/week, 45 min. supervised training starting with warm up, followed by muscle strength (anaerobic) components and aerobic components and ended with a cool down. Twice/ week 11 min. unsupervised hometrainingprogram with the same components (different exercises).

Study burden and risks

nihil

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Adolescents (12-15 years)
Adolescents (16-17 years)
Children (2-11 years)

Inclusion criteria

age 8 -16 yrs. Pediatric cancer patient, after chemotreatment

Exclusion criteria

Amputation of limbs, chemotreatment, significant cardiomyopathy (ejection fraction < 40%), ischaemia and angina in rest.

Study design

Design

Study type: Interventional

Masking:	Open (masking not used)
Control:	Uncontrolled
Primary purpose:	Treatment

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	07-05-2007
Enrollment:	15
Type:	Actual

Ethics review

Approved WMO Date:	02-04-2007
Application type:	First submission
Review commission:	METC Universitair Medisch Centrum Utrecht (Utrecht)
Approved WMO Date:	24-04-2007
Application type:	Amendment

Review commission: METC Universitair Medisch Centrum Utrecht (Utrecht)

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	NL15498.041.06