Oncological occupational rehabilitation to enhance return to work in cancer patients.

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Primary objective: To determine the feasibility, perceived usefulness, and patients' satisfaction regarding occupational rehabilitation during chemotherapy in a clinical setting, consisting of counseling by an occupational physician, and an...

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Observational non invasive

Summary

ID

NL-OMON36071

Source
ToetsingOnline

Brief title
A-WORK: Work resumption through Occupational Rehabilitation in Cancer

Condition

- Other condition
- Miscellaneous and site unspecified neoplasms benign

Synonym
cancer, Oncological ailment

Health condition

werkgerelateerde aandoeningen

Research involving
Human

Sponsors and support

Primary sponsor: Academisch Medisch Centrum
Source(s) of monetary or material Support: Stichting Alpe d'Huzes;opgericht door het Koningin Wilhelmina Fonds

Intervention

Keyword: Cancer patients, Feasibility study, Return to work

Outcome measures

Primary outcome

Opinions of the ocupational physician and sports physicians about the content

and feasibility of the counseling and exercise program

Opinions of patients about the moment of start, frequency, timing and duration

of the counseling and exercise sessions

Opinions of patients about the content and execution of the counseling and

exercise program

Opinion of patients about the feasibility, perceived usefulness, and

desirability of the counseling and exercise program

Secondary outcome

Time to return to work

Work ability

Fatigue

Quality of life

Attitude, self-efficacy, and intention towards return to work

Cardiorespiratory fitness and muscle strength

Study description

Background summary

For cancer survivors, work resumption is related to quality of life and economic independence. However, rates of lasting return to work among cancer survivors are suboptimal. Inadequate guidance by an occupational physician, and persisting fatigue due to chemotherapy, are two of the main predictors of failure to return to work. We expect that early individual counseling by an occupational physician specialized in cancer patients, who can discuss possibilities and barriers for return to work and provide personal advice, combined with moderate-intensity aerobic and resistance exercise during treatment aimed at maintaining cardiorespiratory fitness and lowering fatigue, will be an effective strategy to elevate the chances of timely return to work of oncological patients. Whether it is feasible, useful, and desirable to add occupational counseling and exercise sessions to usual care in the hospital, needs to be investigated.

Study objective

Primary objective:
To determine the feasibility, perceived usefulness, and patients' satisfaction regarding occupational rehabilitation during chemotherapy in a clinical setting, consisting of counseling by an occupational physician, and an exercise program supervised by a sports physician.

Secondary objective:
To determine the changes between baseline and follow-up in e.g. fatigue, quality of life, work ability, and return to work among oncological patients who received the abovementioned occupational rehabilitation, and to calculate its costs.

Study design

Feasibility study with measurements at baseline, after 1, 4, 6, 12, and 18 months.
Patients will be invited to participate by their oncologist before the start of chemotherapy.
After having provided informed consent, all patients will receive the counseling and exercise program.
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Intervention

The intervention consists of:
three counseling sessions with an occupational physician, who discusses the disease-related posibilities and limitations for work and the objective and subjective work capacity of the patient, and provides personal advice on gradual work resumption, and

moderate intensity aerobic and resistance training, led by a physiotherapist and supervised by a sports physician, during 12 weeks, twice a week, for one hour per session. The intensity of the training is based on the results of a fitness and strength test at baseline.

Study burden and risks

All patients are 18 years or older; all patients have at minimum a week to consider participation; the counseling and exercise sessions will take place in the hospital in which the patients are treated; the time necessary for the counseling sessions is 2.25 hours, for the 12-week exercise program, the intake and evaluation by the sports physician, and the intake by the physiotherapist 27 hours, and for filling out the 6 questionnaires 2 hours; appointments for the two sports medical assessments and three counseling sessions will be made in consultation with the patient; if a patient is unable to attend a session due to (the consequences of) his chemotherapy, he will not be obliged to do so; there are no invasive measurements, i.e. no urine, saliva or blood will be collected; according to the ACSM, exercise during treatment is effective and safe; the intervention is carried out by an occupational physician experienced in counseling oncological patients, and by sports physicians and physiotherapists experienced in exercise training of oncological patients after treatment; there will always be an oncologist present in the hospital during the counseling and exercise sessions; there are no risks associated with participation.

Contacts

Public

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

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

Inclusion criteria

- Primary diagnosis of cancer and being treated with chemotherapy with a curative intent
- Age between 18 and 55 years
- Paid employment at the time of diagnosis
- Sick listed at time of inclusion, or planning to be sick-listed before the start of chemotherapy

Exclusion criteria

- Not able to understand, speak, read or write Dutch sufficiently
- Severe mental disorder or severe physical co-morbidity, impeding physical exercise
- Primary diagnosis of cancer made more than two months ago
- Primary diagnosis of testis cancer or skin cancer (non-melanoma or melanoma)

Study design

Design

Study type: Observational non invasive

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

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	23-08-2011
Enrollment:	130
Type:	Actual

Ethics review

Approved WMO

Application type:	First submission
Review commission:	METC Amsterdam UMC

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	NL35864.018.11