

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

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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...

Ethische beoordeling	Positief advies
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON28482

Bron

Nationaal Trial Register

Verkorte titel

FITstrong

Aandoening

pediatric cancer exercise capacity training
kanker bewegen training haalbaarheid kinderen

Ondersteuning

Overige ondersteuning: Wetenschappelijk College Fysiotherapie (WCF)
Stichting ROPArun

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Toelichting onderzoek

Achtergrond van het onderzoek

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.

Doel van het onderzoek

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 training program

Onderzoeksproduct en/of interventie

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.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Severe cardiomyopathy

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Anders
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	01-05-2007
Aantal proefpersonen:	15
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	09-07-2007
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register

NTR-new

NTR-old

Ander register

ISRCTN

ID

NL989

NTR1017

:

ISRCTN08454156

Resultaten

Samenvatting resultaten

none