

Physical activity on prescription before radical cystectomy – A research plan

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Implication

With physical activity on prescription as a tool, we hope to provide an increased possibility for the patients to prepare themselves to surgery.

Patients who have participated actively to optimize themselves mentally and physically preoperatively, may prevent postoperative complications. The patients may also improve their well-being faster after surgery.

Introduction

Patients with muscle invasive urinary bladder cancer are often treated with neoadjuvant chemotherapy followed by radical cystectomy.

Physical activity may improve physical function and symptoms during chemotherapy. However, patients do not always receive information about physical activity.

An evidence based method to facilitate physical activity with individual counseling is physical activity on prescription.



Aim

The aim of this study is to enable for patients who are planned for a radical cystectomy to maintain their level of physical activity until surgery.

Materials

Patients who are planned for neoadjuvant chemotherapy and radical cystectomy due to urinary bladder cancer at Karolinska University Hospital will be asked to participate in the study. We plan to include fifteen patients in this pilot study.

Methods

The patients meet a physiotherapist for an individual counseling, before chemotherapy. As a result, the patients receive an individual prescription on physical activity.

Evaluation is performed at the same occasion as the individual counseling and as close to the planned surgery as possible.

Evaluation include:

- Physical activity scale by Grimby
- Self-efficacy scale for exercise
- Exercise diary
- Study specific questionnaire

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Physical activity on prescription:

- Water aerobics 45 minutes, 2 times/week due to high blood pressure, moderate intensity.
- Daily walks 30 minutes, 5 times/week, moderate intensity.