IMPACT is the IMplementation of Physical Activity for Children and adolescents on Treatment. This study provides a physical activity program to children and adolescents who are currently receiving, or scheduled to receive any treatment for cancer and/or blood disease, and their parent/caregiver.

CONTACT INFORMATION

Email: wellnesslab@ucalgary.ca
Website: https://www.ucalgary.ca/healthandwellnesslab/research/IMPACT
Instagram | Twitter: @wellnesslabuofc

PHYSICAL ACTIVITY PRESCRIPTION

Based upon the current review of the health status of:

__________________________________________
(Name)

I recommend they participate in the IMPACT program, being offered as part of a research study, by contacting the Health and Wellness Lab by e-mail: wellnesslab@ucalgary.ca

Health Care Provider Signature:

__________________________________________
Date:
Physical activity for children with cancer and/or blood disease can:

- Reduce treatment-related side effects, such as fatigue, nausea, and physical pain/discomfort.
- Diminish depression, anxiety, and improve overall quality of life.
- Improve daily function by increasing strength, endurance, and flexibility.

Participants will complete an assessment before the IMPACT program, after the IMPACT program, 6 months after starting the program, and 1 year after starting the program.

**PHYSICAL ASSESSMENTS**

- Physical assessments will take approximately 15-30 minutes, will be assessed online through a secure video-conference platform, and will include a functional mobility test, a muscular endurance test, and a standing balance test.

**QUESTIONNAIRES**

- Questionnaires will collect socio-demographic information and will ask questions about psychosocial outcomes, symptoms, cognition, and physical activity levels.

**ASSESSING PHYSICAL ACTIVITY**

- Accelerometers will be used to assess physical activity behaviours before and after the exercise program.

**INTERVIEWS**

- Interviews will be conducted at the end of the program only with certain patients and families via phone or video-conference.

**FAQs**

**HOW LONG IS THIS STUDY?**

Participation in this study includes an 12-week online physical activity program, the use of an accelerometer, fitness assessments and a series of questionnaires completed 4 times.

**HOW MUCH DOES IT COST?**

There is no cost associated with enrollment in this study.

**WHAT ELSE SHOULD I KNOW?**

Participants and families can either self-refer or be referred by their healthcare provider to the IMPACT program, being offered as part of a study. Once referred or self-referred, individuals will be screened and enrolled.

If you would like more information, please email the research coordinator (see contact information).

The Health Research Ethics Board of Alberta – Cancer Committee (HREBA-CC) has reviewed and granted ethics approval for this study.

Ethics ID: HREBA.CC-20-0364.