



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:



CONTACT INFORMATION

Email: wellnesslab@ucalgary.ca

Website: <https://www.ucalgary.ca/healthandwellnesslab/research/IMPACT>

Instagram | Twitter: [@wellnesslabuofc](https://www.instagram.com/wellnesslabuofc)

IMPACT

Implementation of Physical Activity for Children and adolescents on Treatment

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.

DID YOU KNOW?

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.

ELIGIBILITY

To participate, individuals must be:

- Children or adolescents between the ages of 5-18 years at enrollment and at least one parent (defined as a caregiver; biological or otherwise).
- Diagnosed with any cancer or/blood disease.
- Currently receiving or scheduled to receive any treatment for any cancer or/blood disease or completed treatment <3 months.
- Able to read and speak English.
- Able to participate in online 1:1 physical activity (e.g., access to internet).

STUDY ASSESSMENTS

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 a 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.