

Influence of a multidisciplinary post-breast cancer rehabilitation program on lifestyle and behavior faced with physical activities

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Abstract

Some studies suggest that physical inactivity contributes to the onset or recurrence of chronic diseases, including cancer, and others demonstrate the benefits of regular physical activity on quality of life and physical and mental health.
The aim of our trial was to determine the influence of a multidisciplinary post-breast cancer rehabilitation program on physical activity practices and lifestyle.

209 patients were included into a control group (n=106) and an experimental group (n=103). The control group has received no intervention unlike the experimental group that participated at a three-months program which comprised three physical training sessions and one psycho-educational session every week. All participants have answered a self-administered questionnaire (FPACQ) assessing the physical activity level, and this at the beginning, at the end of the program and after six months.

At the end of the experimentation, the results demonstrate a significant improvement ($p < 0.0001$) of time spent in physical activities and in energy expenditure within the experimental group while no significant change occurs within the control group and these results remain after six months.
At three months, 82% of participants in the experimental group practice at least one sport, compared with 58% in the control group and finally, within the two groups, the most listed physical activities are walking and gymnastics.

This study demonstrates the benefits of a multidisciplinary approach in women treated for breast cancer on their behavior faced with physical activities. The trial encourages its integration in the follow-up of patients to limit the chronicity of the affection.

Biography

Anne-France Leclerc is a PhD student at the University of Liège (Belgium) for two years. In 2013 she completed her master's degree in Physiotherapy and Rehabilitation at the university with great distinction and pursued the following academic year with a complementary master in Physical activity, Health and Well-being, within the University, with the largest distinction.
She practices physiotherapy in the context of oncological rehabilitation in the University Hospital Center of Liège and continues her research in this field in order to present her thesis during the next academic year.

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