

# **REVIEW ON THE EFFECTIVENESS OF PHYSICAL ACTIVITY OR THERAPEUTIC EDUCATION PROGRAM TO MANAGE CANCER-RELATED FATIGUE IN ONCO-HAEMATOLOGICAL PATIENTS**

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**Introduction:** Cancer-Related Fatigue is one of the most reported symptom by people with haematological malignancies. Many clinicians suggest patients to rest but this leads to worsening physical conditions, level of autonomy and quality of life.

Many studies propose physical activity programs or educational interventions to manage this symptom. Nevertheless, a combined intervention is not investigated in literature and the modalities of administration (type, duration, contents ecc.) are not yet clear.

**Purpose:** The aim of this review is to investigate the effectiveness of physical activity program and educational intervention modalities proposed in literature to manage cancer-related fatigue in onco-haematological patients.

**Methods:** We searched in Medline, Embase, Cinahl and Cochrane Library databases until August 2017. We included only RCTs proposing a physical activity program or educational intervention to manage cancer-related fatigue for adults suffering from haematological malignancies.

**Results:** Our search strategies identified:

- 227 total references (duplicated removed);
- 21 full-text searched and completely reviewed;
- 6 RCT included.

**Conclusions:** There are moderate evidences available on the benefits of physical activity programs on cancer-related fatigue, quality of life and physical functioning but there is no accordance on the most beneficial modality of their administration. Nevertheless, the educational intervention is successfully practiced in literature to cancer survivors in their care path there are no RCTs proposing educational interventions only for onco- haematological patients.

Further trials are needed with more participants and longer follow-up periods to evaluate the effect of interventions on cancer-related fatigue for people suffering from haematological malignancies. For these reasons we decided to implement an RCT pilot study that combined both the interventions analysed.