

I. Project Details

Today's date

6/5/2013

Title of your study, as submitted in the application

Energy through Motion

Grant number (please email bonniebarnes@DAISYfoundation.org if you don't know this)

JPB-025-A

Study completion date

5/30/2013

II. Investigators

Have there been any changes since you submitted your interim report?

None

III. Conclusions of your work

General findings

An evidence-based activity promotion program found statistically significant improvements in cancer survivors' level of activity (p <= .05) and fatigue (p <= .05). In addition, patients' quality of life improved with this ambulatory care intervention.

What is the most important finding?

Outcomes were measured through the two modified Brief Fatigue Inventory tools which have been validated and are widely used at this organization. Forty-five out of fifty patients completed the 3-month program (90% completion rate). The activity group increased activity level by an average of 2.59 points (0-10 scale, p=.0016) whereas the control group decreased activity level by 1.07 points. Fatigue decreased by an average of 2 points in the activity group and increased in the control group by 0.69 points (p=.0006). QOL improved in all measured areas from 1.24 – 2.41 points (0-10 scale) whereas it decreased in all areas for the control group (0.69- 1.41 points). In measuring patient perception both groups agreed 100% at post-assessment that they know what to do to stay active but when asked if they are managing their energy better by staying active, from pre to post-assessment, the control group decreased from 89% to 75% but the activity group increased from 60 to 100%. This indicates that both groups have the knowledge needed to stay active but only the activity group was becoming or staying active and thereby managing their energy better. This reinforces the belief that the activity bag and follow-up phone calls helped the activity group increase activity thereby decreasing fatigue and its impact on QOL. All activity group results were statistically significant at significance level .05 (p-values <= .05).

IV. Recommendations

Implications for practice: What will you do at your institution as a result of this study? What will be put into practice?

Due to the positive results of this program, the organization is requesting funds from Golfing Fore Cancer to continue to provide pedometers and the printed materials to patients in the survivorship clinics and to expand to the population of patients undergoing active treatment. This will include the infusion suite for those undergoing chemotherapy and radiation oncology department for those undergoing radiation therapy.

Implications for education: Will your staff be educated on your findings? If so, how?

We are having a second poster of the project/program made to circulate to the cancer center units. We are also planning to present the results of the project/program to staff meetings in the Cancer Center Clinic, Infusion Suite and in Radiation Oncology.

Implications for research: Will there be further study? Please explain.

This area of study will be a great opportunity for other doctoral students to expand on. Hopes would be that this will stimulate further study on fatigue management in other populations and perhaps with other interventions.

V. Dissemination of findings

What will you do to disseminate your findings outside your own institution?

The disseminations of findings from the Energy through Motion program were shared via poster and executive summary by Katie Huether- DNP-FNP grad student, at the 20th National University of Iowa Hospital and Clinics (UIHC) Evidence-Based Practice Conference on April 18 & 19, 2013. It was also shared at Katie Huether's doctoral defense at the University of Iowa College of Nursing (CON) on April 22, 2013 and at the Nurse Recognition Day at the U of I CON on April 23, 2013. Recognition of funding by the DAISY Foundation was included with each report. A publication is also being considered at this time.

Will you apply to The DAISY Foundation for a Lynne Doll Grant to help you share your study/project. (For more information, visit the bottom of <http://daisyfoundation.org/nursing-research-grants/goals-and-guidelines>)

No

Please confirm that you will share your study/project with Sigma Theta Tau International's Virginia Henderson Library for Nursing Research by telling us the approximate date you will submit.

6/13/2013

VI. Financial summary

Financial summary

Budget was used to purchase items for patient kits (bags and water bottles \$812.50; Pedometers \$337.50; Resistance Bands \$334.53), patient education (pocket folders \$53.52; colored copying \$128.32; paper \$207.06), storage of patient data (\$122.94), and staff education (\$3.63). In kind donation covered the remaining costs of staff education (poster \$46.37).

Grant amount (\$)

\$2,000

Total cost of study

\$2,000

Balance to be remitted to The DAISY Foundation (send check to PO Box 788, Glen Ellen, CA 95442)

0.00

Thank you for submitting your final report! We wish you great success with your future studies and hope you will stay in touch.