

## ABSTRACT

**Title:**The use of physical activity to control fatigue and improve the quality of life  
in patients with advanced cancer stage.

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**Introduction:** Fatigue related to cancer is the most commonly reported symptom and its known to prevent 91% of patients from having an active life; many times, such fatigue remain for several months or even after treatment. It impacts all dimensions of patients' quality of life and it acts as the main cause of reduction of daily life activities. Fatigue affects 70 to 100% of patients submitted to anticancer treatments, being also extremely common in populations with persistent or advanced case of the disease. For controlling fatigue, pharmacological and non-pharmacological techniques may be used, e.g. physical activities. Physical exercises have demonstrated positive results in diminishing fatigue, improving cardiopulmonary activities, physical capacity and patients' quality of life. **Objectives:** Assess the efficiency of physical activity upon controlling the fatigue and quality of life in patients with advanced stage of the disease at the end of 7 days using FACT-F subscale, and test the feasibility of standardized exercise in patients with advanced cancer and conduct process evaluation including rates of recruitment and retention, attendance, satisfaction, barriers. **Methods:** This was a clinical trial study with 33 included patients from the Barretos Cancer Hospital Palliative Care presenting fatigue  $\geq 4$  according to the of Edmonton Symptom Assessment Score (ESAS). All patients were submitted to 10-minute walk and exercises for the upper limbs with 1 lb-dumbbells, increasing the number of repetitions weekly, attending 5 sessions a week, during 4 weeks. The quality of life questionnaire, EORTC QLQ-30, FACT-F, ESAS and Anxiety & Depression Hospital Anxiety Depression scale (HADS) were filled out at the beginning, on the seventh day, on the fourteenth day and twentieth day and the seventh was the end point. The satisfaction scale PGIC (Patients' Global Impression of Change scale) was assessed at the end of the study. Only 18 patients completed the study, the other 15 patients did not complete the study due to a decrease performance status, death and lack of transportation to go to the hospital conduct the study. **Conclusion:** The data of the study is being analyzing. The main limitations of the study to recruit patients were intense pain and a decrease performance status. Due to the social financial difficulties, some patients did not have transportation to come to the hospital to participate the study.

**Keywords:** Physical Activity, Fatigue, Quality of Life, Cancer;