

STEM CELL TRANSPLANT PROGRAM UPDATE

Cancer Focus Group Members: Scott Hawes, MPT, NCS; Lisa Haack, PT, NCS; Bobby Knight, PT; Emily Sutinis, PT;

Administrative Liaison: Debra Gibbs, EdD, MHS, OTR; **Mentor:** Ann Marie Flores, PT, PhD, MS, MA; **Facilitator:** Kelly Floyd, MS, OTR/L

Purpose: Continued development & evaluation of a specialized rehabilitation program for stem cell transplant candidates.

Objectives

- Evaluate administrative efficacy of “Walk Nashville” restorative program
- Determine effects of a pre-transplant exercise education module
- Determine effectiveness of on-site outpatient PT clinic

Methods

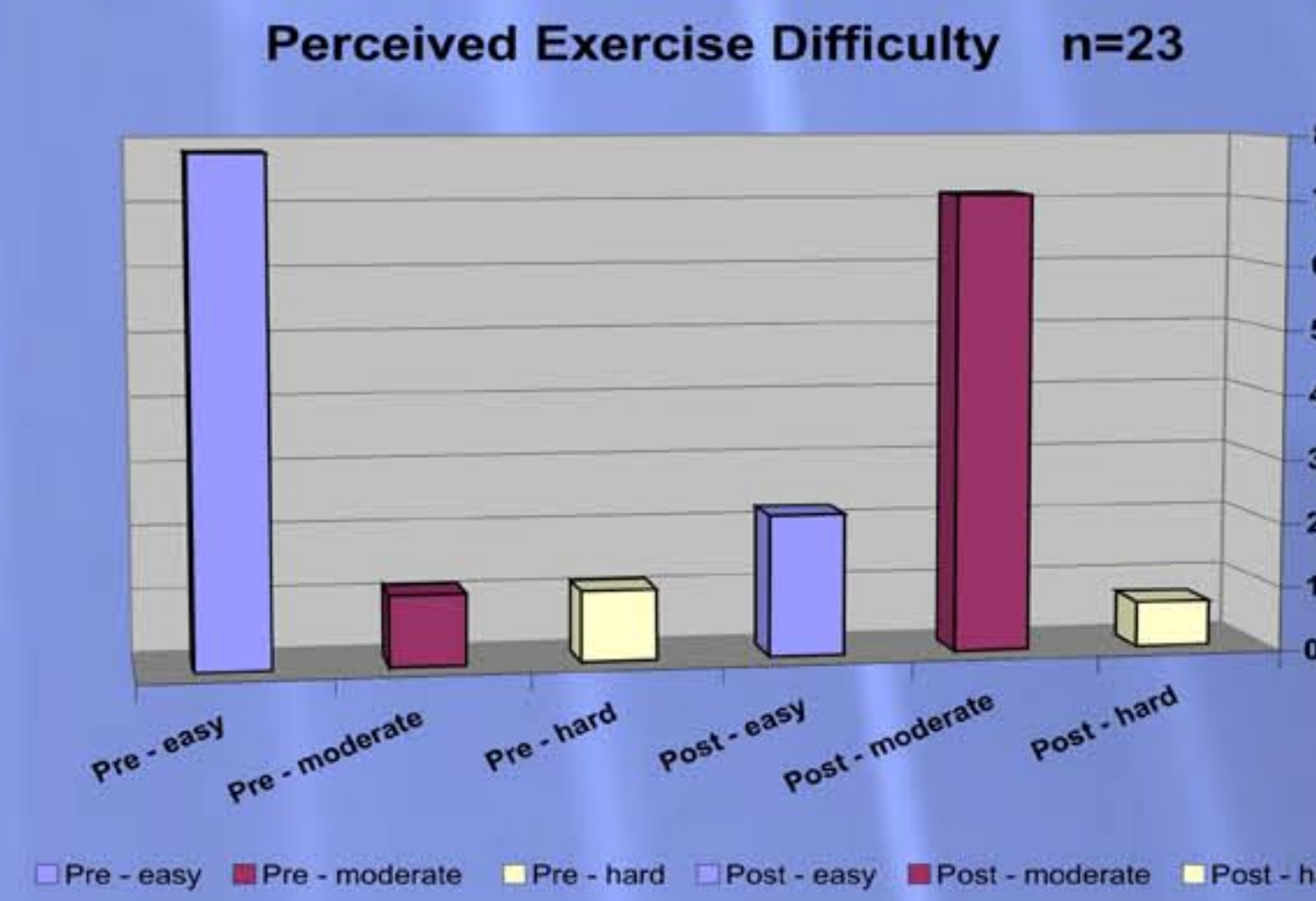
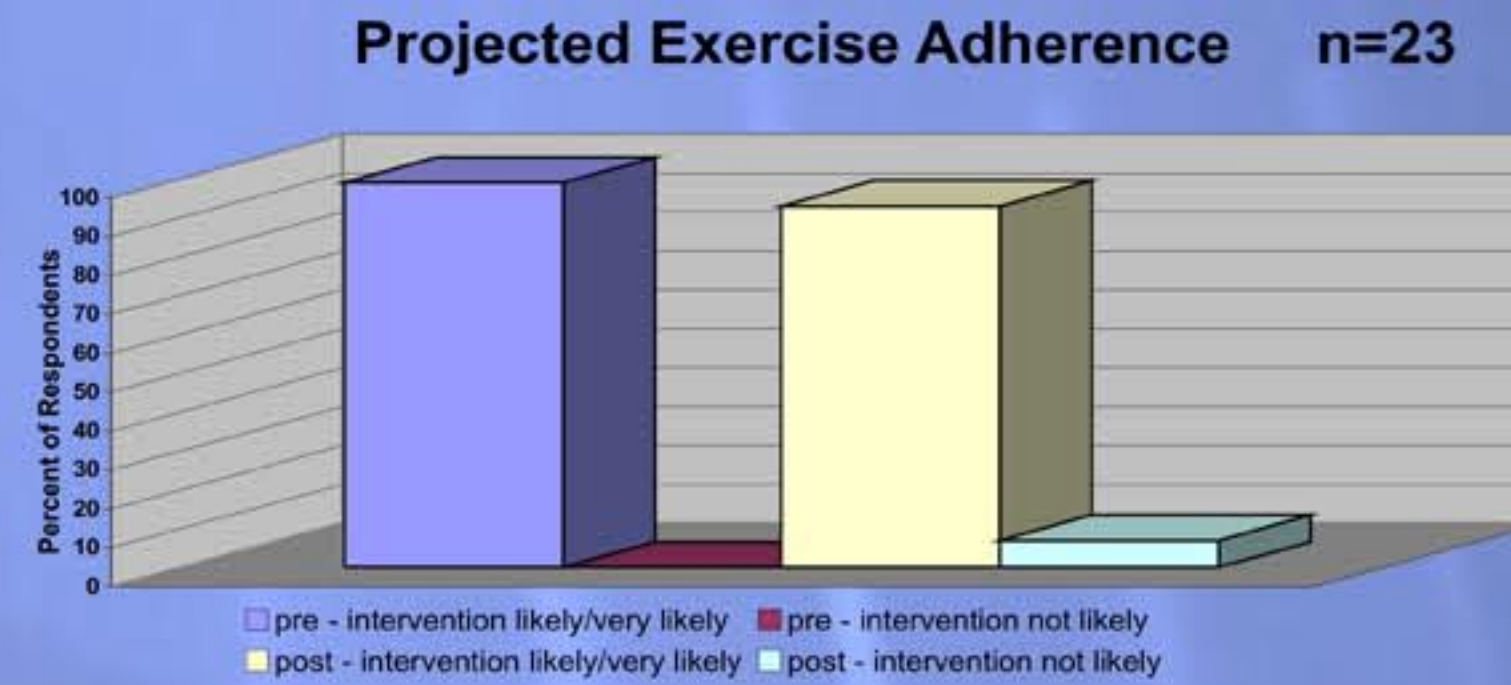
- Administered pre-transplant survey to exercise education participants.
- Educated nursing on administrative process of “Walk Nashville” on 11North
- Measured physical activity (PA) of “Walk Nashville” participants – mins. bicycling &/or other exercise, distance walked
- Measured patient outcomes to test efficacy of outpatient PT clinic – 6 min. & 50’ Walk, Functional Reach, Sit to Stand, Unilateral Stance, Brief Fatigue Inventory & VAS Pain

Results

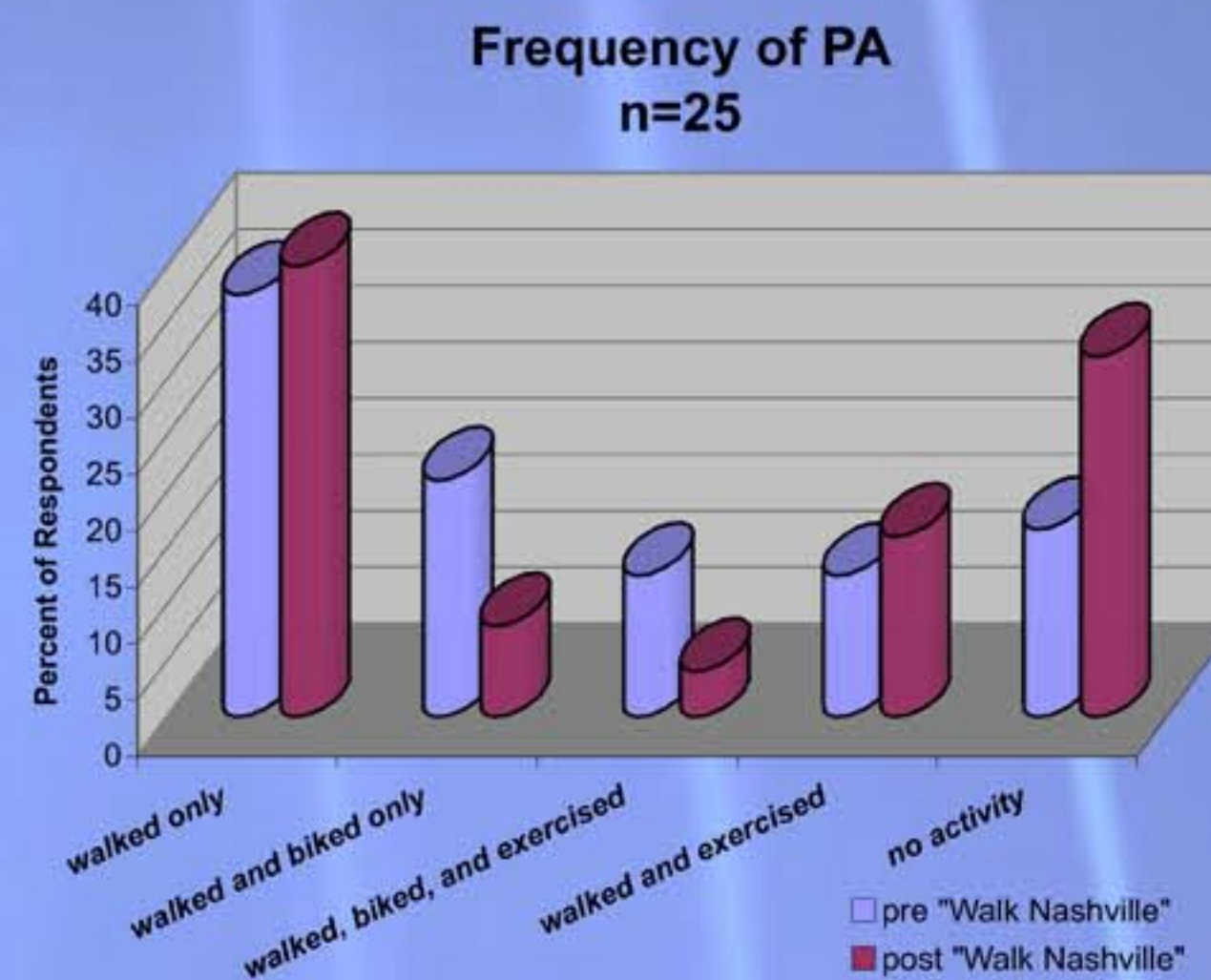
Administrative Efficacy of “Walk Nashville” Restorative Program

Date	N	n with stamped PA log	n with log, no stamp	N no PA log
01/12/07	22	9	1	12
01/22/07	20	10	1	9
01/29/07	23	14	0	9
03/09/07	26	14	0	12

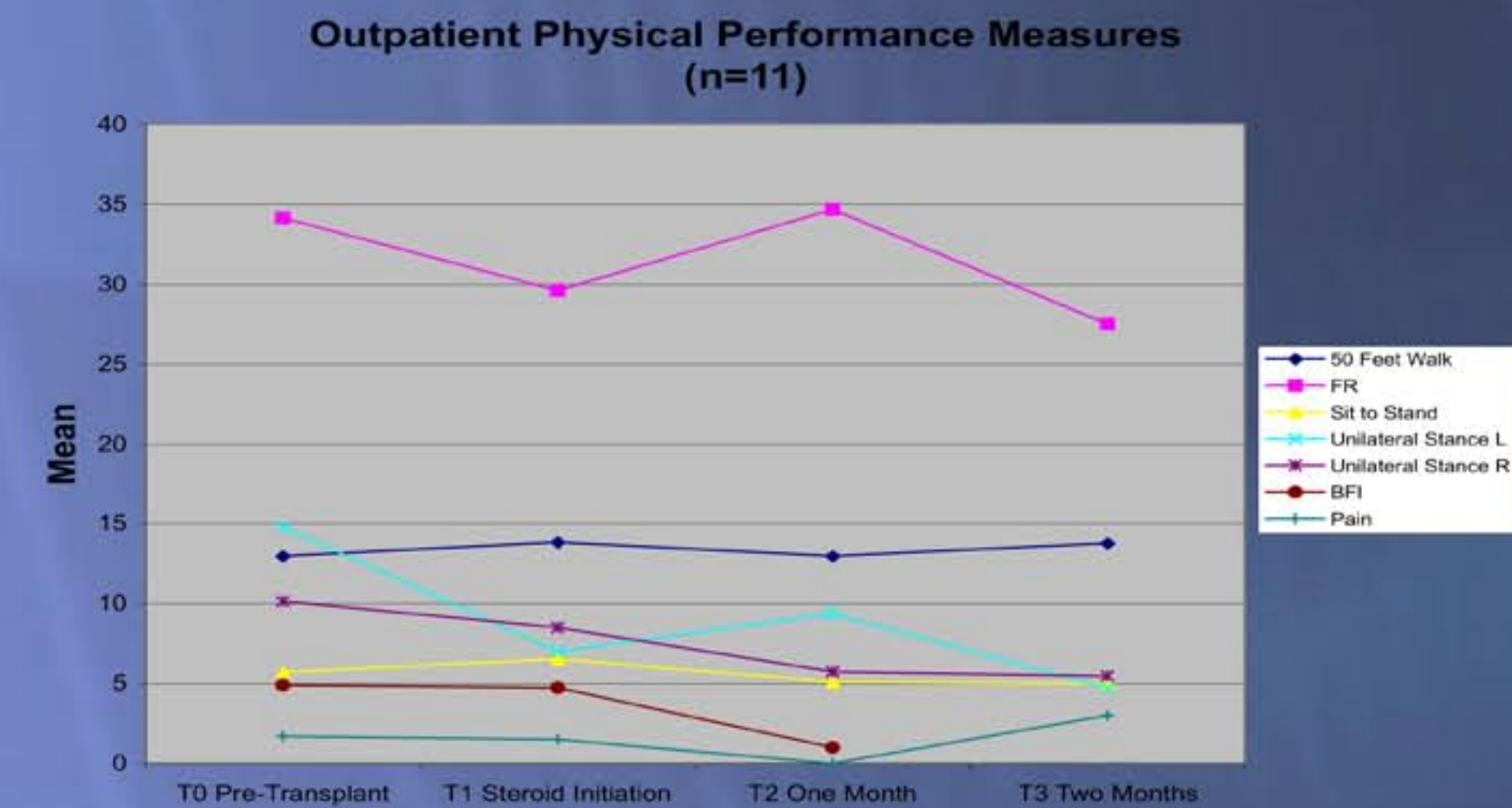
Effects of Pre-Transplant Exercise Education



Physical Activity of “Walk Nashville” Participants



Effectiveness of On-Site Outpatient Physical Therapy on Patient Outcomes



SUMMARY/NEXT STEPS

- Improve administration & potential of “Walk Nashville” with multidisciplinary team leadership.
- Develop method for tracking PA & physical function of SCT recipients.
- Continue data collection & analysis to evaluate program efficacy physical function & activity.

