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A realist evaluation of the implementation of an exercise intervention for women with ovarian cancer.

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Background

Although it is recognized engaging in exercise results in positive health care outcomes, women with ovarian cancer are reluctant to participate. No evidence currently exists focusing on how to successfully implement an exercise intervention program for patients with ovarian cancer, using a realist approach. There is a requirement for the implementation of exercise programmes within the oncology health care setting as engagement in such interventions has positive health care outcomes for women with ovarian cancer both during and following treatment.

Aim

To Implement and evaluate a co-designed exercise intervention for women with ovarian cancer

Methods

This study is a realist evaluation using quantitative and qualitative methods of data collection and analysis. This single centre study incorporates; Stage 1 - A realist literature review. Stage 2 -Co-design of the implementation of an exercise intervention with women following treatment for ovarian cancer, their carer's and health care professionals. Stage 3 – Implementation and evaluation of an exercise intervention with women following treatment for ovarian cancer.

Results

This realist evaluation highlights key issues in relation to the implementation of an exercise intervention within this patient population. The underlying contexts and mechanisms which influence recruitment, adherence and retention rates of participants are identified.

Conclusions

This study will inform future research on the implementation of exercise interventions for this patient population. It is anticipated that this intervention will be implemented into practice as part of standard care for this group of patients.

Biography

The presenter is a lecturer in nursing in Queen's University Belfast involved in the education of undergraduate and postgraduate nursing students. One is currently undertaking a PhD on a full time basis. One has had a keen interest and a research background for a number of years in relation to improving the outcomes of oncology patients particularly in relation to reducing treatment related side effects. The presenter is in the final year of her PhD study and currently in the process of implementing and evaluating the exercise intervention with women who are post treatment for ovarian cancer.