

SYNOPSIS APPAHOCA study

Feasibility of adapted physical activity based on a walking platform for elderly patients hospitalized for cancer

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TITLE	Feasibility of adapted physical activity based on a walking platform for elderly patients hospitalized for cancer
ACRONYM	APPAHOCA
Coordinator	Dr Bérengère BEAUPLET
Indication	Elderly patients hospitalized for cancer
Test methodology	Multicenter, prospective, non-randomized, open-label pilot feasibility study
Objectives	<p>Main objective</p> <p>Assess the feasibility of adapted physical activity (APA) based on a walking platform in patients aged 70 and over hospitalized for cancer.</p> <p>Secondary objectives</p> <ul style="list-style-type: none"> Describe adherence to adapted physical activity, in quantitative and qualitative terms Investigate factors associated with adherence: oncological factors, social factors, previous mobility, cognitive level, comorbidities Assess patient satisfaction with using an adapted walking platform
Judgment criteria	<p>Main criteria</p> <ul style="list-style-type: none"> Percentage of patients included who complete at least two sessions of 6 minutes or more of adapted physical activity on the walking platform. Adapted physical activity on a walking platform will be considered feasible if $\geq 70\%$ of patients complete ≥ 2 sessions of 6 minutes or more during their hospitalization for cancer lasting ≥ 48 hours. <p>Secondary criteria</p> <p>Patient adherence to adapted physical activity will be assessed:</p> <ul style="list-style-type: none"> Quantitatively (intensity of participation): number and duration of sessions, number and regularity of steps, maximum and average walking speed, distance covered Qualitatively: <ul style="list-style-type: none"> Reason for not completing the first and/or second session, Type of activity: use of balance games, chosen visual walking route <p>Factors that may be associated with adherence:</p> <ul style="list-style-type: none"> Gender, age, socio-professional category before retirement Location of cancer, reasons for hospitalization (medical or surgical) Pain Activity before hospitalization: Performance Status, previous QAPPA activity level, history of falls in the past year Cognitive status prior to the first session: memory test (temporal-spatial orientation/10, learning and recalling 3 words) Activity prior to the first session: Ability to walk 4 meters (alone/with technical and/or human assistance) and time required; Ability to transfer (alone/with technical and/or human assistance); Physical therapy already underway Context, presence of severe comorbidity(ies) affecting mobility, presence of isolation due to multi-resistant bacteria, presence of medical equipment (IV, drain, urinary catheter, enteral feeding tube, ostomy bag, oxygen therapy glasses) <p>Patient satisfaction with the use of the adapted walking platform will be assessed at each session on a scale of 0 to 10 on the following items:</p> <ul style="list-style-type: none"> Fear of falling

	<ul style="list-style-type: none"> • Use of the treadmill • Satisfaction with the digital tablet on the walking platform • Instructional support from the APA educator (starting from the second session)
Inclusion criteria	<ul style="list-style-type: none"> - Patients with cancer - Patients over the age of 70 hospitalized for 48 hours or more - Patients identified as eligible for a medical prescription for APA - Proficiency in French - Patients affiliated with a social security system - Patients who have given their written consent
Exclusion criteria	<ul style="list-style-type: none"> - Patients who are completely unable to communicate - Patients receiving palliative care in the terminal phase - Patients who are less than 1.35 m or more than 2 m tall and/or weigh more than 130 kg - Patients who are unable to participate in APA sessions - Patients who are unable to wear a support harness - Patients deprived of their liberty or under guardianship - Patients unable to comply with the requirements of the protocol for geographical, social, or psychopathological reasons
Description of the protocol/experimental design	<p>After checking the patient's ability to participate in walking sessions and obtaining a medical prescription, the physical activity instructor will ask patients questions about their usual activities prior to hospitalization.</p> <p>During the patient's hospitalization, physical activity on the adapted ema® walking platform will be offered every working day, in the form of a session lasting a minimum of 6 minutes and a maximum of 30 minutes.</p> <p>The walking sessions will be carried out on an adapted walking platform, comprising a treadmill and a connected tablet. The tablet allows patients to view a landscape or play balance or memory games while walking. The activity offered will be tailored to the patient's profile.</p> <p>Patients will be brought to the platform in a wheelchair and returned to their room by the same means of transport.</p> <p>At the end of each session, patients will complete a satisfaction questionnaire.</p>
Number of subjects	To estimate a proportion of 70% of patients with a 95% confidence interval of [45-95], it is necessary to include 50 evaluable patients. To anticipate potential non-evaluable patients, we plan to include 60 patients.
Participating centers	2
Study duration	6 months