



A Pilot Program Implementing an Evidence-Based Walking Plan to Improve Cancer-Related Fatigue in Adult Patients on Oral Cancer Treatments: More Information and References

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PARTICIPANT CRITERIA

INCLUSION CRITERIA

- Willingness to provide informed consent
- Age between 18 and 60 years
- Having an active cancer diagnosis
- Having been prescribed oral chemotherapy for the duration of the six-week program
- Interested in participating in a walking program to help manage fatigue
- Being able to walk without difficulty
- Being comfortable with using a wearable pedometer
- Being comfortable with the collection of their biometric data for research
- Have a smartphone
- Willing to attempt walking for 150 minutes per week

EXCLUSION CRITERIA

- Brain metastasis
- Bone metastasis with risk for fracture
- History of neuropathy in feet
- Mobility issues
- Chronic kidney disease stage IV or higher
- Chronic fatigue syndrome
- Transfusion-dependent anemia
- Chronic sleep disturbances.

REFERENCES

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Sample Walking Plan

Weeks	Warm Up	Brisk Walk	Cool Down	Total
1-2	5 min	5 min	5 min	15 min
3-4	5 min	10 min	5 min	20 min
5-6	5 min	15 min	5 min	25 min
7-8	5 min	20 min	5 min	30 min

** This is only a guide. Your walking sessions may be longer or shorter based on your ability **

Inspirational Messages (Sent Weekly)

TEXT INTENTION	MESSAGE
Welcome	Welcome to the SWIFT program hosted by Ironwood Cancer & Research Centers and Missouri State University- Start Walking to Improve Fatigue Throughout Treatment!
Week 1 (encouragement)	Walking can improve your mood, cognition, memory, and sleep
Week 2 (encouragement)	Walking is a weight-bearing exercise that can strengthen your bones
Week 3 (encouragement)	Walking can boost your immune system
Week 4 (encouragement)	Walking can reduce stress and tension
Week 5 (encouragement)	The American College of Sports Medicine advises 150 minutes of activity per week to help you reach optimum health
Week 6 (encouragement)	Taking a brisk walk regularly can help to improve cardiovascular fitness
Thank You	Thank you for participating in the SWIFT program research! Please take the time to complete the Conclusion Survey in the Labfront app at this time.

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