

Berichtete Ängste und unerwünschte Ereignisse im Zusammenhang mit körperlicher Aktivität bei Patient*innen mit Myeloproliferativen Neoplasien: Ein Mixed-Methods-Ansatz (OSHO #106)

Kerner A.¹, Wins M.^{2,3}, Rusch L.⁴, Junghanß C.¹, Felser S.¹

¹Rostock University Medical Center, Department of Internal Medicine, Clinic III – Hematology, Oncology and Palliative Care, Rostock, Deutschland, ²Rostocker Institut für Sozialforschung und gesellschaftliche Praxis, Rostock, Deutschland, ³Rostock University Medical Center, Institute of General Medicine, Rostock, Deutschland, ⁴MPN-Netzwerk e. V., Bonn, Deutschland

Generelle Daten

Bevorzugter Präsentationswunsch: Vortrag

Thema: Chronische myeloproliferative Neoplasien

Englischer Titel: Reported Anxiety and Exercise-Associated Adverse Events in Myeloproliferative Neoplasm Patients: A Mixed-Methods Approach (OSHO #106)

Abstract Text

Introduction: In 2021, a multicenter study on physical activity behavior in patients with myeloproliferative neoplasms (MPN) was conducted in collaboration with the East German Study Group for Hematology and Oncology (OSHO) [Felser S et al. (2023) *Front. Onco*]. 45% of the participants reported anxieties about adverse events (AEs)—such as infections, thrombosis, bleeding, and skin reactions—related to physical activities. Anxieties were associated with reduced daily activity and less sport. Since insufficient physical activity can negatively impact health (e.g., comorbidities), MPN patients should be encouraged to remain active. However, there is a lack of data on the actual frequency and types of AEs that occur in the context of sport in MPN patients. Therefore, it is difficult to assess whether such anxieties are justified. The current study investigates the type and context (e.g., medication, activity type, intensity) of AEs reported by sporty active MPN patients. It aims at the “anxiety” barrier removal and the support of safe exercise.

Methods: OSHO #106 is a mixed-methods study (DRKS00035015). MPN patients aged ≥ 18 years who regularly engage in sport were invited to complete a one-time online survey via SurveyMonkey. This survey assessed anxieties, experiences with AEs, and individual safety measures. Demographic and health-related variables (disease subtype, medication, comorbidities, quality of life, symptoms) as well as current sporting activities (frequency, intensity, time, type) were recorded. To gain deeper insight into individual perspectives and motivations, nine participants were selected for problem-centered interviews based on open-ended questions. The questionnaire and interview guide were developed in close collaboration with the German MPN patient network.

Current Status: Survey data of 98 patients (67% female, mean age 58 ± 12 years; ranging from 25 to 83 years) captured and are currently being analyzed. The interview transcripts (5 male, 4 female, mean age 49 ± 14 years, ranging from 25 to 65 years) are evaluated using MAXQDA. The qualitative analysis is conducted by a multiprofessional research team, including exercise scientists, sociologists, physicians, and psychologists, to ensure a comprehensive interpretation of the findings. In addition, the results are being discussed with patients to integrate their perspectives. Study design and initial results will be presented.

Verbundprojekt

Bitte bestätigen Sie folgende Angaben

1. Ich bestätige hiermit, dass dieses Abstract in der Voransicht von mir kontrolliert und für korrekt befunden wurde. Ich bin mir bewusst, dass der Inhalt des Abstracts nach dem ABSENDEN nicht mehr verändert werden kann und in dieser Form publiziert wird.: Ja
2. Ich erkläre mein Einverständnis zur Publikation des Abstracts.: Ja
3. Hiermit bestätige ich, dass nur der/die in den Kontaktdaten gespeicherte Autor*in (korrespondierende Autor*in) über den Status des Abstracts per E-Mail informiert wird. Der/die korrespondierende Autor*in ist dafür zuständig, gegebenenfalls andere Ko-Autor*innen über den Abstract-Status zu informieren.: Ja
4. Ich erkläre mein Einverständnis zur Veröffentlichung im Supplementheft zur Zeitschrift *Oncology Research and Treatment*, S. Karger Verlag für Medizin und Naturwissenschaften GmbH.: Ja