

Kategorie: Supportive medicine

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

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Background: A multicenter study on physical activity in patients (pts) with myeloproliferative neoplasms (MPN) showed that 45% report anxiety about exercise-related adverse events (AEs) such as infections, thrombosis, or bleeding, which is associated with reduced activity¹. Since insufficient exercise can affect health, MPN patients should be encouraged to be more active. However, data on the actual frequency of exercise-related adverse events are limited. This study examines experienced AEs, current anxieties, and individual coping strategies of sports-active MPN pts.

Methods: OSHO (East German Study Group for Hematology and Oncology) #106 is a mixed-methods study (DRKS00035015). MPN pts aged ≥18 years regularly engaging in sport completed a one-time online survey via SurveyMonkey. Additionally, problem-centered interviews following Witzel² were conducted. Sampling varied by age, entity, sport level, and symptom burden. Data were analyzed via qualitative content analysis according to Kuckartz.

Results: Interviews were conducted with 9 pts aged 25-75 (5 m/4 f, avg. 35 min). Reported experiencing AEs were e. g. transient ischemic attacks, cardiovascular reactions, and exertional fatigue/exhaustion, as well as existing anxieties, including uncontrollable bleeding under anticoagulation, thromboembolic events, disease progression, and exercise intolerance. Coping strategies were highly individual and could be grouped into fluid management, adjustment of training time/intensity, use of technical aids (e.g., GPS tracking), medication intake/avoidance, and mindset.

Discussion: A discrepancy exists between reported anxieties and experienced AEs, creating uncertainties that should be addressed in clinical care.

Sources

1 Felser S et al. 2023 Front. Oncol.

2 Witzel A 2002 FQS

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