

## Poster Title

A Walk a Day Keeps the Doctor Away: A Comparison between Exercise Programs and Usual Care on the Various Side Effects of Oncology Patients.

## PICO Question

Do cancer patients who receive teaching related to exercise report a better quality of life than those patients who do not receive these specific interventions?

## Abstract

Individuals diagnosed with cancer undergo many difficult trials throughout the progression of their disease. Initially, most of these individuals experience a great deal of emotional distress with the news of a cancer diagnosis. As treatment plans begin, patients may begin to feel pain or adverse side effects related to the progression of the disease or the methods of treatment. Chemotherapy is a common modality for the treatment of cancer. Chemotherapy, while effective, causes the body to experience many adverse side effects such as nausea, vomiting, fatigue, depression, and more. Most practitioners will prescribe medications to help with these symptoms. However, there may be a less invasive and less expensive alternative right under our noses. Research has suggested the positive benefits of exercise for the health of the general population, but is there evidence that suggest that those undergoing cancer treatments could reap the same? In our research project, we took a closer look at three random controlled trials concerning the benefits of exercise to patients with varying types of cancer and in different stages of cancer.