

LIVESTRONG at the YMCA Patient Care Study

Stacia Carroll, MS, CES, PFT
Trinity Cancer Exercise Specialist

About LIVESTRONG at the YMCA

- **LIVESTRONG** at the YMCA is a growing community that is becoming more impressive and effective. Our cancer survivor work is now in 116 YMCA's around the country with 30 more joining the learning process in 2013. To date, **LIVESTRONG** at the YMCA has helped more than 10,000 cancer survivors and their families nationwide.
- **LIVESTRONG** at the YMCA is a **FREE** program tailored to fit the specific needs of adult cancer survivors who would like to improve their quality of life before, during and after treatment.
- This 12-week program meets twice per week with certified instructors and personal trainers who have undergone specialized training in the elements of cancer, rehabilitative exercise and supportive cancer care.

Program Goals

- Increase flexibility and endurance
- Enhance functional ability to do everyday tasks
- Improve energy levels, build muscle mass and strength
- Reduce the severity of therapy side effects and prevent unwanted weight changes
- Develop an on-going physical fitness program, not only as part of recovery, but as a way of life

Criteria for Participation

- Strong personal desire and a commitment to participate in the **LIVESTRONG** program
- Inform your physician that you plan to join the program
- Give permission for **LIVESTRONG** at the YMCA staff to contact your physician or health care provider as needed

Pilot Program – October 2011

- Two Rivers YMCA was selected by the YMCA USA to be a pilot site for the 12-week class
- Instructors attended training to receive certification to instruct **LIVESTRONG** at the YMCA classes
- Survivors have the option of enrolling in classes at three Quad City YMCA locations
 - Two Rivers YMCA – Moline, IL
 - Bettendorf Family YMCA – Bettendorf, IA
 - West Family YMCA – Davenport, IA
- Enhance functional ability to do everyday tasks
- Improve energy levels, build muscle mass and strength
- Reduce the severity of therapy side effects and prevent unwanted weight changes
- Develop an on-going physical fitness program, not only as part of recovery, but as a way of life

Program Components

- Classes of no more than 12 participants of adults 18 years and older
- Classes facilitated by certified instructors/trainers
- Education/Instruction/Engagement in cardiovascular, resistance training, balance and flexibility exercises
- Participants attend two classes per week for 12 weeks
- Engage in moderate intensity exercise
- Individual modifications made to all exercises based on needs, limitations and barriers

Functional Assessment Metrics

Assessment	Pre-test average	Post-test average
Six minute walk test <i>*Walking course is 30 meters</i>	14.5 laps	15.2 laps
Upper body, 1 RM	48.025 pounds	56.29 pounds
Lower body, 1 RM	128.59 pounds	154.24 pounds
Back scratch, right arm	1.98 inches	1.69 inches
Back scratch, left arm	3.31 inches	3.01 inches
Arm reach	6.72 inches	8.08 inches
Balance stand test, right leg	34.36 seconds	33.51 seconds
Balance stand test, left leg	31.88 seconds	35.09 seconds

**Assessment is conducted at both the beginning and end of the 12-week session*

PROMIS – 29 Profile, Version 1.0

- Patient Reported Outcomes Measurement Information System (PROMIS) utilizes dynamic tools to measure qualitative data driven health outcomes from the patient perspective
- Contains questions relating to the following eight domains:
 - Physical function
 - Anxiety
 - Depression
 - Fatigue
 - Sleep disturbance
 - Satisfaction with social role
 - Pain interference
 - Pain intensity
- Each domain was assessed over a period of seven days preceding administration of the assessment tool
- Barriers:
 - Data incomplete as not all participants completed this assessment at end of program
 - Not all participants were currently undergoing treatment at the time they were enrolled in program, therefore, results varied and were not generalizable to all populations. Statistically significant conclusions could not be gathered from this data

Program Statistics since Oct. 2011

- 54 participants have graduated
- Seven participants dropped out of the program for various reasons
- Six participants have passed away
- Eight individuals were unable to complete one or more of the functional assessment tests
- 13 participants participated in one-on-one exercise instruction/orientation with Trinity Cancer Exercise Specialist prior to enrolling in **LIVESTRONG** at the YMCA program
- 18 patients have completed one-on-one exercise instruction since this service began being offered on May 28, 2012
- 85 percent of all **LIVESTRONG** at the YMCA class referrals have come from Trinity
- 60 percent of all **LIVESTRONG** at the YMCA participants become YMCA members following graduation from the class
- Due to popularity and decreased demand, **LIVESTRONG** at the YMCA alumni now have the opportunity to attend weekly alumni classes, held monthly prior, to continue progressing with their physical activity and wellness goals

Cancer Diagnosis

Breast	32
Lymphoma	7
Colon/Rectal	6
Uterine/Cervical/Endometrial	5
Prostate	3
Lung	3
Brain	2
Other <i>(testicular, leukemia, thyroid, kidney, multiple myeloma)</i>	5

Physicians

- Porubcin 17
- Constantinou 10
- Garneau 9
- Spector 4
- Stoffel 3
- DeGeest 2
- Schrier 2
- Ade 2
- Giametta 1
- Anderson 1
- Link 1
- Dann 1
- Vigliotti 1
- Bode 1
- Citrin 1
- Samuringe 1
- Fleming 1
- Eckhardt 1
- Keeven 1
- Carlisle 1
- Kurani 1
- Pareigis 1
- Carter 1
- Melissa Hansen FNP 1

Functional Assessment Results

Assessment	Description
Six minute walk test <i>*Walking course is 30 meters</i>	Measures aerobic fitness
Upper body, 1 RM	Assesses strength of upper body, chest press
Lower body, 1 RM	Assesses strength of lower body, leg press
Back scratch	Assesses shoulder flexibility, important in tasks such as combing one's hair, putting on overhead garments, fastening undergarments and reaching seat belt
Arm reach	Measures functional balance by taking the difference between arm length and maximal forward reach using a fixed base of support
Balance stand test	Assesses the ability to balance on one foot

**Assessment is conducted at both the beginning and end of the 12-week session*

Success Stories and Testimonials

When asked to describe the impact **LIVESTRONG** at the YMCA program made on their life, program participants responded with the following:

- Able to walk and not get tired
- I have much more energy
- I feel like I used to feel before I got cancer
- Just getting to class is an accomplishment
- Gain mobility and flexibility
- Spending time with friendly instructors
- Improved sleep
- Aware of limitations and how to overcome my fears
- Increased strength and self esteem
- Class helped me feel better overall
- My enthusiasm for wellness has returned
- Better attitude

Success Stories and Testimonials

When asked to describe the **LIVESTRONG** at the YMCA experience in three words or less, program participants responded with the following descriptions:

- Amazing
- Beneficial
- Empowering
- Therapeutic
- Broadening
- Motivating
- Supportive
- Awesome
- Fun
- Worthwhile
- Friendship
- Challenge
- Accomplishment

LIVESTRONG at the YMCA 2012 Summer and Fall Classes



Thank you for the opportunity to work with your patients and assist them in mastering wellness!

*Live Well,
Stacia Carroll*