Evidence-Based Practice Project:

Effects of Exercise Program on Patients Receiving Treatment for Leukemia

Anna Coffman, Claire Edge, Valerie Gravlee

Auburn University School of Nursing
PICO Question and Significance

Our PICO question asks, “For leukemia patients receiving chemotherapy, would implementing a physical activity program improve physical function?” This evidence-based practice question is significant for determining effective methods to improve muscle strength, decrease fatigue and other discomfort levels, and improve parent satisfaction in children’s mobility. All of these are common problems associated with leukemia, and require specific interventions for prevention and maintenance. Decreased muscle function, energy levels, and mobility can lead to more extensive health problems and require further hospitalization and treatments. Specific interventions would improve the quality of life and overall health for these patients.

Review of Evidence

All of the articles used in this study were found using databases from the Auburn University Library and Auburn University in Montgomery Library. The Cumulative Index to Nursing and Health Literature (CINAHL) database and MEDLINE were the primary databases used and produced the most applicable results. The Cochrane database was also utilized, but more relevant articles were retrieved from CINAHL and MEDLINE. The key terms that produced the most successful results for applicable articles were “leukemia”, “physical activity”, “exercise”, and “chemotherapy”. Other key terms that were also used were “chemotherapy”, “physical function”, “physical activity”, “children”, “pediatric”, and “fatigue”. These searches led to two randomized control trials, three quasi-experimental studies, and a retrospective case study.