

“Walking Forward American Indian Survivorship Physical Activity Pilot Program” (PI: Petereit; 5 U54 MD008164)

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<http://www.NatAmCancer.org>

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Session Objectives: The learner will be able to:

- 📅 Identify 3 features of the culturally appropriate app designed for the American Indian Survivorship Physical Activity Pilot Program.



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“Walking Forward American Indian Survivorship Physical Activity Pilot Program”

 **Principal Investigator:**
Daniel Petereit, MD

 **(PI: Petereit; 5 U54 MD008164)**

 **October 2014 to July 31, 2016**












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Project Team



-  Daniel G. Petereit, MD, FASTRO, Principal Investigator
-  Michele Sargent, Project Coordinator
-  Sheikh Iqbal Ahamed, Director, Marquette Ubicomp Research Lab
-  Linda Burhansstipanov, MSPH, DrPH, consultant
-  Linda U. Krebs, RN, PhD, AOCN, FAAN, consultant
-  Mark Dignan, PhD, University of Kentucky, Lexington
-  Kristin Cina, Administrative Assistant
-  Simone Bordeaux, RN, Rosebud Reservation CRR
-  Doris Thibeault, RN, Pine Ridge CRR



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Rationale

- 🥁 Cancer survivors are at increased risk for developing second cancers and other chronic diseases or morbidities.
- 🥁 Physical activity can reduce the risk for recurrence and for 2nd cancer diagnoses
- 🥁 Approximately 25% reporting decreased physical quality of life (QOL) and 10% decreased psychological QOL following cancer diagnosis and treatment.



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Research Question

- 🥁 Can a culturally appropriate cell phone application (app) increase daily physical activity in American Indian (AI) cancer survivors living in the Northern Plains?



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Study Aims

- 🥁 Social Ecology Theory
- 🥁 **Aim 1:** Develop a culturally appropriate cell phone app to increase physical activity
- 🥁 **Aim 2:** Collect pilot data to evaluate the usability and effectiveness of the app



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Eligibility

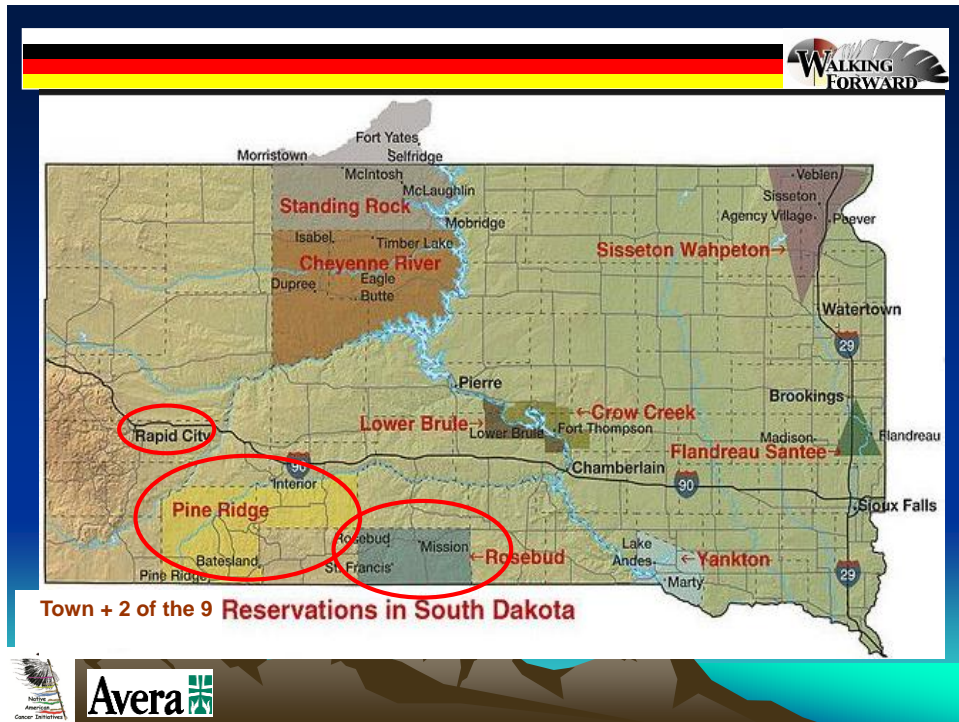
- 🥁 16 AI cancer survivors
 - 🌐 8 from Pine Ridge
 - 🌐 8 from Rosebud
- 🥁 Do not exercise daily
- 🥁 21 years of age and older
- 🥁 Both genders
- 🥁 May have been diagnosed with any type of cancer.



Screenshots from Marquette UbiComp Research Lab, subcontract to “Walking Forward American Indian Survivorship Physical Activity Pilot Program” (PI: Petereit; 5 U54 MD008164)

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Eligibility

- 🪪 Within 3 years of initial, recurrent or 2nd cancer diagnosis
- 🪪 Self-report being able to exercise daily
- 🪪 May have co-morbidities such as diabetes and hypertension
- 🪪 Must be able to understand, read and speak English



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Pilot Study Populations

- 🥁 8 survivors from Pine Ridge; 8 survivors from Rosebud
- 🥁 Community Advisory Committees (3 long-term AI survivors from each site)
- 🥁 Usability Test Groups 4 additional long-term AI cancer survivors from each site)



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Pilot Study Components

- 🥁 Walking/Stretch-band Physical Activity Program
- 🥁 Cell phone app
 - ⊕ Pedometer
 - ⊕ mHealth text and video messages
 - ⊕ eJournal
 - ⊕ Symptom Distress Scale (baseline and bi-weekly for 12 week app intervention)



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Visits / calls interactions (iPad for CRRs)

- 🥁 Initial visit (purpose, confirm eligibility, informed consent, SDS)
- 🥁 Bi-weekly (weeks 2, 4, 6, 8, 10)
 - ⌚ Review last 2 weeks (“how app working” Influence your activity?” Stretch band ... likes / dislikes



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Intervention: Messages

- 🥁 Cell phone application for smart phone
 - ⌚ Video messages
 - ⌚ Text messages



You don't have to be great to start, but you have to start to be great.

- ⌚ Examples of video vignettes are on <http://www.NatAmCancerInitiatives.org>




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Instructional Video List



- List of instructional videos
- Links will open in a browser





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Intervention

Physical Activity

-  Walking
(endurance, strength)
-  Stretch bands
(strength, balance, flexibility, endurance)

• Adjusting the Bands



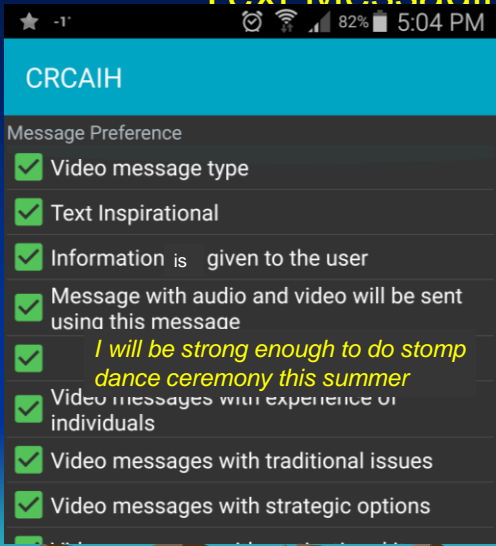
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Text Messaging Settings



Note: layout and phrasing simplified on 03-01-2016

Message Format:

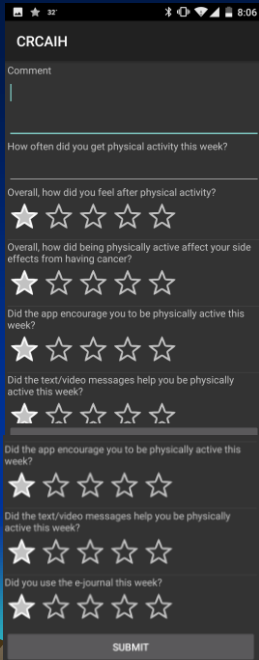
- Video
- Text
- Either

Message Type:

- Personal (for me alone)
- Strategies / Tips
- Inspirational
- Traditional
- Information

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Weekly eJournal



- In Weekly Journal, there are new sets of questions with answer intensities from 1 to 5

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Step Count History

Cell phone app accelerometer

Pedometer Count

Updated step count history screen

- This has both manual pedometer entries and daily automated entries

Date	Auto	Manual
02-26-2016	0	22
01-29-2016	0	235
01-22-2016	0	152

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Thank you for accepting my abstract to share the development of our physical activity app that we hope to use in a larger study



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No conflict of interest



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