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Effectiveness of exercise to improve sleep quality for cancer patients in Taiwan

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Purpose: To exam the effectiveness of walking exercises in improving the subjective and objective sleep quality in patients with lung cancer.

Patients and Methods: One hundred and eleven patients were randomly assigned to either walking-exercise group (n = 56) or usual-care group (n = 55). We conducted a 12-week exercise program that comprised home-based walking (moderate-intensity, 40 min/day, 3 day/week) and weekly exercise counselling. The outcome measures included an actigraph to measure the objective sleep (total sleep time, TST; sleep efficiency, SE). The Pittsburgh Sleep Quality Index (PSQI) was used to measure the subjective sleep.

Results: The PSQI (Wald $\chi^2 = 15.16$, P = .001) and TST (Wald $\chi^2 = 7.59$, P = .023) of patients in the exercise group significantly improved at 3rd month and 6th month after the exercise program compared to that of participants in the usual-care group.

Conclusion: The home-based walking exercise program is a feasible and effective intervention for subjective and objective sleep quality in lung cancer survivors and can be considered as an essential component of lung cancer rehabilitation.

Biography

Hui-Mei Chen obtained her PhD from Taipei Medical University. She is an assistant professor at the National Taipei University of Nursing and Health Sciences. She has practiced clinical nursing for 10 years and been involved in nursing education and research for 19 years. She has published several papers in Cancer Nursing as well as the *British Journal of Cancer* and serves as a reviewer for a nursing journal in Taiwan.

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