

# FITstrong: The feasibility of an exercise program for children who survived cancer

<b>Submission date</b> 05/09/2007	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 05/09/2007	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 10/06/2021	<b>Condition category</b> Cancer	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr T. Takken

**Contact details**  
University Medical Centre Utrecht (UMCU)/WKZ  
KB.02.056.0  
Lundlaan 6  
Utrecht  
Netherlands  
3584EA  
+31 (0)30 250 4030  
t.takken@umcutrecht.nl

## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**  
N/A

# Study information

## Scientific Title

The feasibility of an exercise program for children who survived cancer: the FITStrong study

## Acronym

FITstrong

## Study objectives

Exercise training is a feasible method to improve fitness (peak oxygen uptake), muscle strength and fatigue in children who survived cancer.

Feasibility will be studied according to the number of performed training sessions and a structured interview with patients and training about their opinion on the training program.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Ethics approval received from University Medical Center Utrecht (The Netherlands) on the 2nd April 2007 (ref: 06/303).

## Study design

A 12 week aerobic and muscle strength training program (twice a week) compared with baseline training level

## Primary study design

Interventional

## Secondary study design

Non randomised controlled trial

## Study setting(s)

Not specified

## Study type(s)

Quality of life

## Participant information sheet

## Health condition(s) or problem(s) studied

Exercise in children who survived cancer

## Interventions

Two times a week exercise training (45 minutes) starting with warm up, followed by muscle strength components and aerobic components and ended with a cool down. The participants have to perform home exercise two times per week, and at increasing muscle strength /endurance.

## Intervention Type

Other

**Phase**

Not Specified

**Primary outcome measure**

Feasibility of the program.

Timepoints:

t=0: baseline

t=1: after 12 weeks of training

t=2: 12 weeks follow-up

**Secondary outcome measures**

1. Peak oxygen uptake (VO<sub>2</sub>peak)

2. Muscle strength

Timepoints:

t=0: baseline

t=1: after 12 weeks of training

t=2: 12 weeks follow-up

**Overall study start date**

01/05/2007

**Completion date**

01/01/2008

## **Eligibility**

**Key inclusion criteria**

1. 6 - 18 years of age

2. Between 0.5 and 1.5 years since final chemotherapy

**Participant type(s)**

Patient

**Age group**

Child

**Lower age limit**

6 Years

**Upper age limit**

18 Years

**Sex**

Both

**Target number of participants**

15

**Total final enrolment**

16

**Key exclusion criteria**

Severe cardiomyopathy.

**Date of first enrolment**

01/05/2007

**Date of final enrolment**

01/01/2008

## **Locations**

**Countries of recruitment**

Netherlands

**Study participating centre**

University Medical Centre Utrecht (UMCU)/WKZ

Utrecht

Netherlands

3584EA

## **Sponsor information**

**Organisation**

University Medical Centre Utrecht (UMCU) (The Netherlands)

**Sponsor details**

Wilhelmina Children's Hospital (WKZ)

Department Pediatric Fysiotherapy

Lundlaan 6

Amsterdam

Netherlands

3584 EA

+31 (0)30 250 4030

p.j.m.helders@umcutrecht.nl

**Sponsor type**

Hospital/treatment centre

**Website**

<http://www.umcutrecht.nl/zorg/>

ROR

<https://ror.org/04pp8hn57>

## Funder(s)

### Funder type

University/education

### Funder Name

Scientific College of Physiotherapy (Wetenschappelijk College Fysiotherapie [WCF]) (The Netherlands)

### Funder Name

RoPaRun Foundation (Stichting RoPaRun) (The Netherlands)

## Results and Publications

### Publication and dissemination plan

Not provided at time of registration

### Intention to publish date

### Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		01/04/2009	10/06/2021	Yes	No