

Introduction

In the surgical oncology department specializing in otolaryngology, we observed that the patients mobilized less post-operatively. This sedentary lifestyle is a risk factor at the respiratory and muscular levels...

The benefits of physical activity (PA) are well known and it is a non-drug treatment to be implemented throughout the care and life course.

We formed a multidisciplinary group including a nurse manager, a nurse, two "adapted physical activity" educator and a physiotherapist manager in order to set up a sporting course within the service.

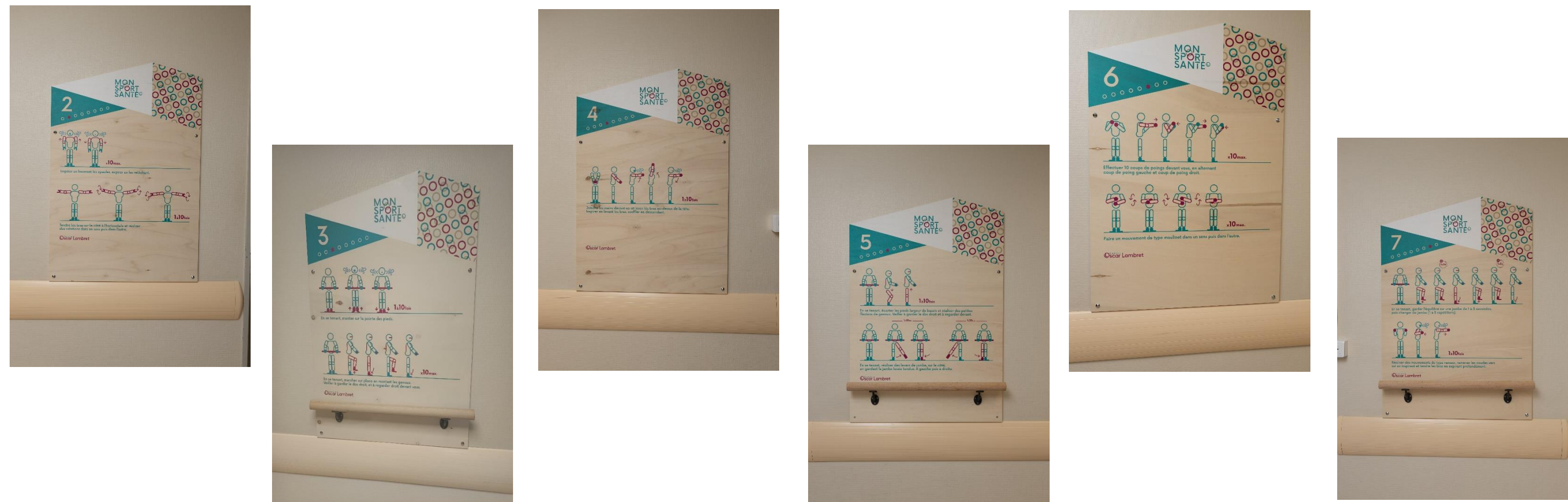
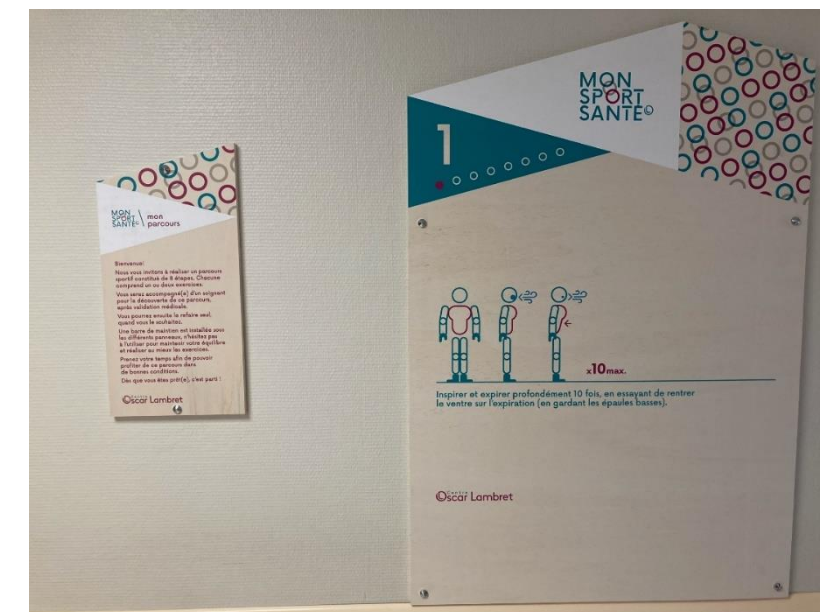
Methods

2022 :

- Creation of the course and its different exercises
- "Patient testing" involving:
 - Understanding the instructions
 - The ability of patients to complete the course
 - The safety of the exercises proposed
 - The difficulty of the exercises.
- Sending the specifications to a graphic designer (corpus studio) in order to offer us a design.
- Validation of graphics and team supports (technical services, biocleaning service and security)

2023 :

- Installation of the course in our service.



The course

It is composed of an introductory panel and 8 exercise panels. Each panel proposes one or more exercises (breathing, balance, muscle strengthening of the upper and lower body, etc.) with written and visual instructions in the form of a puppet. A support bar has been installed under some panels to make the exercise easier and safer.

The sports course is an integral part of the treatment course, and is offered to patients from the pre-operative consultation. After approval from the medical team, the patient is invited to complete the course accompanied by a caregiver. He can then do it whenever he wants in full autonomy.



Results

A satisfaction survey was carried out from November 2023 to February 2024:

Completion of the entire route	93.75%
Satisfaction of texts (understandable + readable)	100%
Satisfaction of the drawings (understandable)	100%
Satisfaction of the exercises (easy)	82.35%
Redone during hospitalization	75%
Would recommend to other patients	100%
Felt improvement during hospitalization	100%
If yes... "a lot" (N =10) If yes, of what nature → "better morale" → "improved well-being" → "reduction of stress and anxiety"	50%
Practice a sporting activity before hospitalization	50%
If not, want to do sports at home	75%
If yes, did it make you happy to be able to continue the sport during hospitalization?	100%
Overall satisfaction rating	8.7/10

The benefits :

- The sports course is very successful with patients, it provides multiple benefits:
- Participation in the **early rehabilitation** of the patient.
 - Fight against sedentary lifestyle and isolation.
 - Source of motivation allowing you **to enjoy sport**
 - Rediscovery of **one's sporting abilities**.
 - Reassures the patient about the possibility of returning to **"a life as before"**.
 - Promotes mobility and **improve healing**.
 - Promotes the well-being of the patient, **taking care of themselves**
 - Improves physical condition and **facilitates a quick home return**.
 - **Improves sleep** and reduces stress.
 - Helps to maintain **patient's autonomy**.
 - Allows the patient to continue **physical activity at home**.
 - It creates a special bond between the caregiver and the patient (they talk, spend time together...).



Conclusions

In view of patient satisfaction, the course will be deployed in the outpatients clinic (HDJ) and breast surgery department.

In the future, we would like to deploy it in all surgical departments, allowing other varied exercises specifically adapted to the types of patients received.