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## Barriers and facilitators of physical activity among Breast Cancer survivors: A systematic review and meta-synthesis study

**Esra M Hamdan**

University of East Anglia, United Kingdom

**Background:** In spite of the growing recognition that exercise and physical activity may provide health benefits among cancer survivors, it is becoming clearer that there are barriers to participation. Perceived barriers and facilitators to be physically active among breast cancer survivor women are becoming more vital to explore with increased survival rate among breast cancer patients. This, however, may vary by culture and environment.

**Purpose of study:** The purpose of this study is to systematically review and integrate existing knowledge on the current literature that have explored barriers, facilitators and other factors that may affect physical activity among breast cancer survivors upon completion of related cancer treatments that fits our eligibility criteria from different perspectives of oncologists, health care professionals, and breast cancer survivors themselves and their careers.

**Data collection methods used:** This systematic review followed Cochrane systematic review guideline, requirements of the NHS National Institute of Health Research Centre for Reviews and Dissemination and the PRISMA statement for reporting studies that evaluate healthcare interventions. Methods of the analysis and inclusion criteria were specified in advance and documented in a protocol registered in PROSPERO 2016:CRD42016053051

**Search Strategy:** Searches for both Quantitative and Qualitative of English language only studies had been conducted through the following electronic databases: Allied and Complementary Medicine Database (AMED), Applied Social Sciences Index & Abstracts (AASIA), BioMed Central, Cumulative Index to Nursing & Allied Health Literature (CINAHL), Cochrane Library, Centre for International

Rehabilitation Research Information and Exchange (CIRRIE), Database of Abstracts of Reviews of Effects (DARE), EMBASE, MEDLINE, PsycINFO, Physiotherapy Evidence Database (PEDro), Scopus, SPORTDiscus and Physical Therapy & Sports Medicine Collection databases were searched.

**Analysis:** Data synthesis carried out for qualitative and quantitative results. We analyse the data using a meta-synthesis approach. It is a set of techniques for the interpretive integration of research findings This is appropriate because (synthesis) involves some degree of analyse studies in sufficient detail to preserve the integrity of each study which permit synthesizes to recognize similarities and differences that shaped findings among studies. Health-professionals and carer's role and point of views analysed separately.


**Results:** The initial database search yielded 3509 studies, of which 2724 studies were removed as duplicates or as clearly irrelevant after reviewing titles. A further (875) studies were retrieved from reference lists of review articles. The abstracts of 785 studies were screened and any that did not provide enough information were retrieved for full text examination. A (413) papers were read as full texts and assessed for eligibility. Total (31) studies were included in the study.

**Conclusion/Recommendations:** Those finding can be fundamental for the development of culturally-competent physical activity interventions.

### Speaker Biography

Esra Hamdan is a PhD Candidate at the University of North Anglia United Kingdom, she has completed her M.Sc. from Nottingham University, United Kingdom and presently holding a Lecturer position at Al-Quds University Palestine.

e: e.hamdan@uea.ac.uk

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