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# Physical activity promotion among rural cancer survivors

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# Cancer and rural health

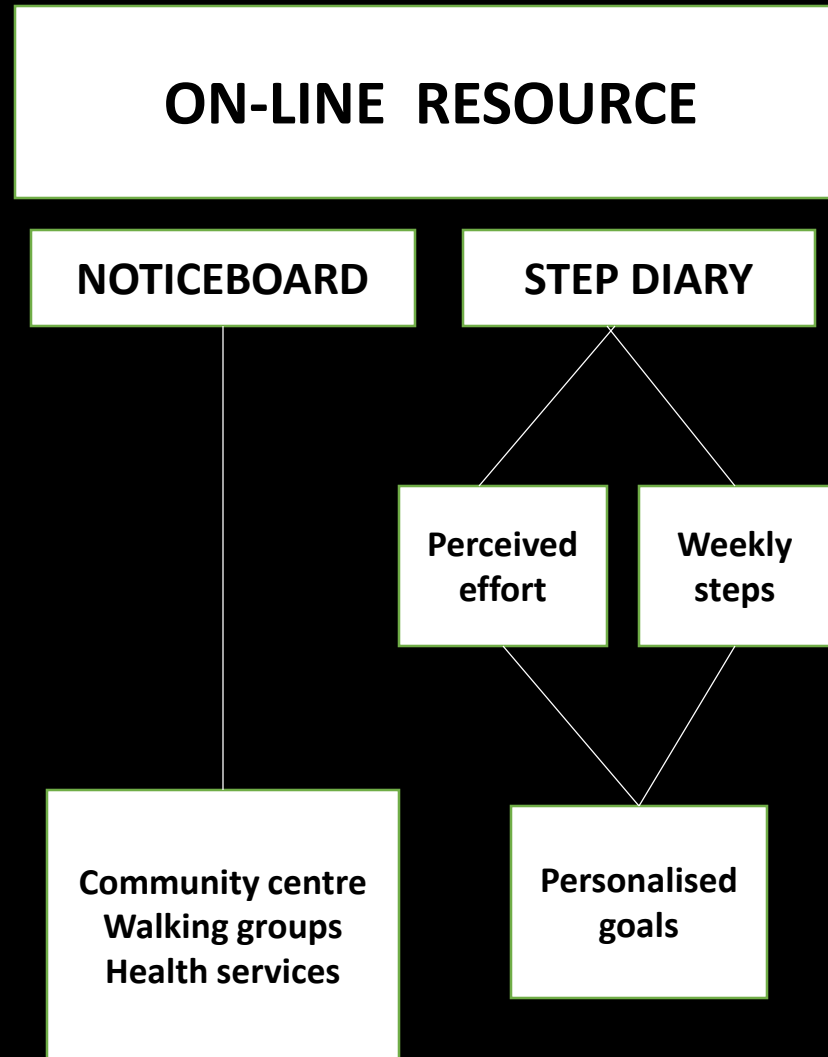
1/3 of cancer patients live in regional and rural areas

Rural cancer patients have poorer survival rates due to reduced access to services and resources

Need to develop and implement innovative methods to deliver health promotion services to rural residents



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# Rating of Perceived Exertion Scale

	LEVEL	DESCRIPTION
	20	Maximum
	19	Very, very hard
	18	
	17	Very hard
	16	
	15	Hard
	14	
	13	Somewhat hard
	12	
	11	Fairly light
	10	
	9	Very light
	8	
	7	Very, very light
	6	



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## How to report how you are feeling on the day

5	VERY GOOD
4	
3	GOOD
2	
1	FAIRLY GOOD
0	NEUTRAL
-1	FAIRLY BAD
-2	
-3	BAD
-4	
-5	VERY BAD

## The Affect Scale



*Steps Toward Improving Diet and Exercise among cancer survivors in rural South Australia*

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## Who we are

This website has been designed to assist cancer survivors living in rural South Australia to become more physically active, improve their dietary habits, and connect with other rural cancer survivors. More specifically, it includes a step log to provide personalised daily step count goals and practical written information on healthy eating. It also provides interactive features such as an online blog to help connect those who share a similar journey, and a community noticeboard where local organisations post upcoming events.





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# Step diary

Stride :: My Step Log - Windows Internet Explorer  
http://www.strideforsurvivors.com.au/index.php/step-log/

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Stride :: My Step Log

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## Step Log [More Info](#)

Daily Steps Entry for Current Week

Steplogs 01/07/2013 to 07/07/2013

Date	Steps Walked	How Hard Was It?	How Do You Feel?
Mon 01/07/2013	<input type="text"/>	--- <input type="button" value="v"/>	0 Neutral <input type="button" value="v"/>
Today	<input type="text"/>	--- <input type="button" value="v"/>	0 Neutral <input type="button" value="v"/>

http://www.2excel.com.au/cms\_manual/book.swf Internet | Protected Mode: Off 150% 3:52 PM



# Participant data and 3 tier goals

Week 4				
Step goal:	13320	14	4	went for 2 x 25 mins & 1 x 20 mins walks, did some gardening & some driving, just a busy day
Feeling gd:	11212	14	4	am & pm walks also 1 hour medium bike ride @ p/time job, bit of small work around home. A bit leg sore & tired, a/noon was bit bit slower than usual
10,500	7823	17	2	No morning walk due to early childcare, sitting/driving, mid a/noon walk was short due to l/knee letting go. Need to rest next few days & try again with reduced time, length & pace on soft surface
Feeling neutral:	5556	9	2	
8,500	5054	9	2	Discharged self from TOEH, have had chest pains & hospital stays 4 X before, not my heart, just chest muscle etc. similar to heart attack. Went sailing for most of day am to pm, home late a/noon tired
Feeling bad:	6,500	6526	10	3
Week 5				
Step goal:	9541	10	3	Walked to Alberton oval & walked around grassed boundary 5 – 6 times, I was feeling the outside (lateral ligament) of knee before I started walking, pulled up a bit sore after cool down & rest. Will resume with afternoon walk at same time for max. break between walks, at this stage I need to be conservative & cautious with left leg issues.
Feeling gd:	8446	10	3	
10,500	6566	8	2	Couldn't walk today due to phone enquiries & driving around shopping etc. along with weekly part time work , rode bike for 1 hour. Too late after P/t work plus raining to walk, so far leg isn't too bad. Will maintain a pre & post walk stretch.
Feeling neutral:	13140	13	4	ost of the day spent sitting – childcare, driving picking up gear & appointments. Went walking but oval was in use so was relegated to parkland which wasn't good to walk on due soft, mushy uneven ground. Will not walk there again, stretched before & after but knee is sore.
8,600	10648	11	3	Spent majority of day sitting (Nasho's) & driving to & from, bus driving until late afternoon. Went for oval walk but in use again with carnival, tried to walk in adjacent park but very difficult due to rough & uneven surface. The maintained & even grassed surface certainly has been the saviour for my walking.
Feeling bad:	16071	11	5	Day driving, shopping & doing stuff around home, went to oval & walked 10 laps - good to get back onto a good grass surface. Pulled up good so far
6,500	8061	11	3	





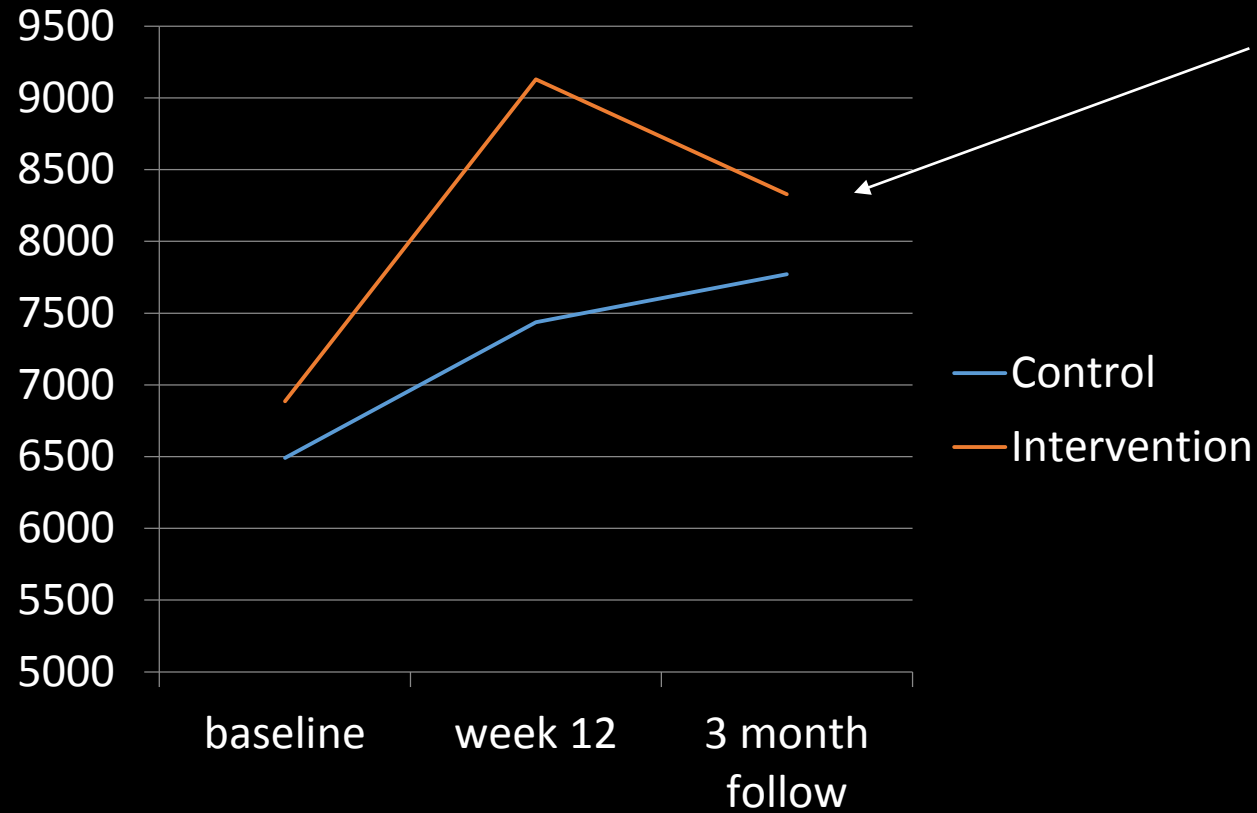
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	Steps	RPE	Affect	Comments
Baseline	4193	-	1	
	3990	-	0	
	3847	-	0	
	5883	-	2	
	3844	-	0	
	4892	-	0	
	4298	-	1	
<b>Week 1</b>	7242	12	0	
Goal:	8193	12	0	
4,200-4,400	8066	12	0	
	4853	12	-1	
	5894	12	0	
	7030	12	2	
	3949	12	0	
<b>Week 2</b>	3986	12	0	
Feeling gd: 7,500				
	4683	12	0	
	6962	12	0	
neutral: 7,000	7393	12	2	
	7596	12	0	
	6122	12	0	
bad: 6,000				
	6567	12	-1	
<b>Week 3</b>	7390	12	0	
Step goal:	8371	12	0	
Feeling gd: 7,500				
	7372	12	3	
	7422	12	0	
neutral: 6,200				
	9023	12	0	Getting there, but after several months recuperating after surgery I tend to feel a little tired and sometimes depressed at the end of the day.
	6371	12	0	
bad: 5,500				
	5940	11	0	Moved to caravan park and need to find a new walking trail



# Key outcomes

Steps/day



So what's next?



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# Acknowledgements

This project was supported by the Cancer Australia Supporting People with Cancer Grant Initiative, 2014