Licenciatura em Fisioterapia

Trabalho de Projeto II

Protocolo de Investigação

Exercício físico e cancro da mama: *O efeito do exercício aeróbio durante o tratamento de quimioterapia na sensação de fadiga em utentes com cancro da mama.*

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Exercício físico e cancro da mama: O efeito do exercício aeróbio durante o tratamento de quimioterapia na sensação de fadiga em utentes com cancro da mama.

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Abstract

Literature revision/goal: The breast cancer is the most common in female population and the success of the medical procedure is mainly due to the evolution of the treatments, namely the chemotherapy. However, the chemotherapy presents different side effects, and amongst them cancer-related fatigue. This effect is highly common and it has a strong impact in the functioning of women. The aerobic exercise has proved to be promising in fatigue reduction during the treatment; however, the current literature is not plain or wide enough to understand the real effect of this exercise in such outcome. Therefore, this study aims to find the effect of a supervised aerobic exercising program in cancer-related fatigue.

Methods/Sketch: This study consists on an Randomized Controlled Trial consisting of adult women with breast cancer and referencing for chemotherapy. It will be consisting of two groups, an experimental group (supervised aerobic exercising program) and a control group with no exercising intervention. This study has the duration of the chemotherapy treatment which varies between two and six months. The assessment of the cancer-related fatigue is made with the FACT-F scale (Functional Assessment Canter Therapy – Fatigue) at the end of the treatment.

Discussion: This study should demonstrate the effectiveness of a supervised aerobic exercising program in cancer-related fatigue, contributing to enrich the body with knowledge in this area, which is scarce and presents many methodological loopholes.