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Patient Perceptions of a Cancer Rehabilitation Program Which Provides 12 Weeks Of Individualized Exercise Prescription

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PURPOSE: The purpose of this study was to determine why cancer patients choose to participate and remain in an exercise rehabilitation program. **METHODS:** 79 participants in a cancer rehabilitation program were asked to complete a questionnaire consisting of 6 open ended questions asking 1. Who referred them, 2. What did they follow through with the referral, 3. Why they have chosen to remain in the program, 4. What their initial thoughts of the program were, 5. What their current thoughts about the program are, and 6. Are they satisfied with the program. This study was approved by the Saint Francis University IRB. **RESULTS:** 38% of clients were referred by either an oncologist or family doctor, 25% by hospital staff, 24% by friend or support group and 13% by media outlets. 59% of clients followed through for their health, and 15% for supervision of their exercise sessions. 51% of clients continued in the program because of the results they obtained and 25% because they had not yet met their goals, while 24% continued because of their cancer exercise trainer. 73% of clients had positive thoughts about the program, and 99% had the same or improved thoughts. Finally 94% of clients were satisfied with the program. **CONCLUSION:** The majority of clients were referred by their oncologist, or hospital staff indicating the power that physicians and hospital staff have in providing guidance for their clients. Further, once clients join a cancer rehabilitation program the benefits motivate them to continue in the program. Clearly they are satisfied with the program which is a program which provides individualized personalized exercise prescription and a cancer trainer for support and motivation.