


## 海外派遣研修助成事業による研修の成果

研修者氏名	中野 貴美子 
所属機関	徳島大学病院 看護部・細胞治療センター
<ul style="list-style-type: none"> <li>・研修に従事した外国の研究機関名</li> <li>・参加した国際学会・会議名</li> </ul>	Oncology Nursing Society 44th Annual congress
渡航期間	自 2019年4月10日 至 2019年4月15日
<ul style="list-style-type: none"> <li>・研修内容</li> <li>・国際学会・会議内容</li> </ul>	<p>最新のがん治療の看護実践を学ぶこと 看護研究者として臨床現場から臨床研究の成果を発表すること</p>
<p><b>研修成果</b></p> <p>2019年4月11日から14日に、カリフォルニア州アナハイムにおいて、腫瘍看護専門職の育成のために Oncology Nursing Society 44<sup>th</sup> Annual congress が開催された。今年度は、世界中から3900名以上の腫瘍看護に携わる看護師が集結した。近年、腫瘍看護では、免疫チェック阻害剤（抗PD-1抗体など）や遺伝子導入T細胞療法（CAR-T療法）などの新しい治療方法が増えたことにより、これらの治療方法の知識の習得や、副作用のマネジメントが重要な課題となっている。今年度は、免疫チェック阻害剤（オプジーボ）を受けた患者のケアリングや、CAR-T療法の看護実践の報告があった。免疫チェック阻害剤投与による免疫関連の毒性は、全ての臓器システムを攻撃し多様な副作用が発症するため、患者やケア提供者の教育には、免疫関連の有害事象（irAE）のプレゼンテーション、頻度、タイミング、セルフマネジメントとコミュニケーションが必要であることを学んだ。CAR-T療法は、最初の15日間は、サイトカイン放出症候群（CRS）や神経学的毒性のモニタリングが重要で、CRS出現時は、ヒト化抗ヒトIL-6レセプターモノクローナル抗体（tocilizumab）または副腎皮質ステロイドによる治療を行い、看護師による症状のモニタリング、サポーティブケア、患者への教育が重要な役割であることを学んだ。</p> <p>Late-Breaking Research Poster Session では、タイトル: Motivation for physical activity in patients before and after hematopoietic stem cell transplantation（造血幹細胞移植患者の身体活動のモチベーション）について、10分間 e-poster での発表を行う機会を得た。造血幹細胞移植患者を対象に、移植前後で面接調査を行い、身体活動の動機に、《移植を乗り越えて生きて帰りたい》、《自分の事は自分でしたい》、《ドナーに応えたい》、《支援者の存在》の4つのカテゴリーを導き出した。ポスターセッションでは、造血幹細胞移植患者の身体活動の動機づけを促進するためには、移植前に患者にセルフケアをコアとした教育的関りの重要性をディスカッションできた。</p>	

# Motivation for physical activity in patients before and after hematopoietic stem cell transplantation

Kimiko Nakano.RN<sup>1</sup>, Shin Kondo.PT<sup>1</sup>, Shiro Fujii.MD,PhD<sup>2</sup>, Kumiko Kagawa.MD,PhD<sup>2</sup>, Reiko Yamahana.RN,OCNS<sup>3</sup>, Chiemi Onishi.RN,PhD<sup>4</sup>

1)Tokushima University Hospital 2)Tokushima University Graduate School, Department of Hematology, Endocrinology and Metabolism 3) Tokyo Health Care University, Department of Gerontological and home-care Nursing 4) Tokushima University Graduate School, Department of Health Sciences, Institute of Biomedical Sciences

## Introduction

Hematopoietic stem cell transplantation (HSCT) is a curative treatment for many hematologic diseases. Physical activity after HSCT is reduced due to regimen-related toxicity and physical symptoms, thus decreasing activities of daily living and performance status, and diminishing quality of life.<sup>1,2)</sup> Healthcare professionals need to support HSCT patients in maintaining physical activities and enhancing motivation for physical activity during hospitalization.<sup>3)</sup>

## Purpose and Methods

The purpose of this study was to identify the motivation for physical activity before and after HSCT. We conducted semi-structured interviews of 7 HSCT patients twice: before starting the conditioning regimen; and after leaving the biological clean room(BCR). All interviews were recorded.

## Analysis

Transcripts of the interviews were analyzed using a content analysis method.

## Term Definition

Motivation for physical activity in HSCT patients involves reasons to direct physical activity, for example a goal, desire, and needs, to improve physical strength and muscular strength and maintain daily life activities.

## Patient's Demographics

	n=7	
Gender	Male	3
	Female	4
Age	40 s	3
	50 s	2
	60 s	1
	70 s	1
	Disease	
	Type of transplant	
	AML	3
	Ph + ALL	2
	APL	1
	MDS	1
	Allo-BMT	3
	CBT	2
	Allo-PBSCT(related)	1
	Allo-PBSCT(unrelated)	1

Length of BCR stay 33 ± 6.9 days (mean ± SD)

## Results

From the interviews, the motivation for physical activity in patients before and after HSCT was classified into eight categories, which were further consolidated into four higher categories. (table2)

Table2:The motivation for physical activity

Higher category	Category before HSCT	Category after HSCT
I want to live and return home to overcome HSCT	<ul style="list-style-type: none"> <li>I want to live and return home</li> <li>I want to survive my transplantation</li> </ul>	<ul style="list-style-type: none"> <li>I want to return to my former lifestyle</li> <li>I want to walk out of the biological clean room</li> <li>I want to be able to move again</li> <li>I must clean myself to prevent infection</li> </ul>
I want to look after myself on my own	<ul style="list-style-type: none"> <li>I want to prevent infection so that I can live and return home</li> <li>I want to look after myself on my own</li> </ul>	<ul style="list-style-type: none"> <li>I want to look after myself as far as this is possible</li> </ul>
I want to response to the donor's feelings	<ul style="list-style-type: none"> <li>I want to do my best in response to the donor's feelings</li> </ul>	
The existence of supporters	<ul style="list-style-type: none"> <li>For the sake of my family, I cannot die yet</li> <li>The existence of reliable healthcare professionals</li> <li>The existence of people with the same disease with whom I can share the experience of transplantation</li> </ul>	<ul style="list-style-type: none"> <li>A message wishing for me to live</li> <li>Encouragement and support from healthcare professionals who understand me</li> <li>The existence of people with the same disease with whom I can share the experience of transplantation.</li> </ul>

## Conclusion

### HSCT patients' motivation for physical activity

- I want to live and return home to overcome HSCT
- A desire such as I want to live and return home or I want to return to my former lifestyle made them do a physical activity.
- I want to look after myself on my own
- Needs such as I want to look after myself as far as this is possible led to daily life behavior.
- I want to respond to the donor's feelings
- The existence of a donor is the only hope to overcome a sickness, and this hope was the impetus for physical activity.
- The existence of supporters
- Positive affirmation of one's existence by supporters led to motivation for physical activity.

## References

- Bevans, M.F., S.A. Mitchell, and S. Marden, The symptom experience in the first 100 days following allogeneic hematopoietic stem cell transplantation (HSCT). Support Care Cancer, 2008. 16(11): p. 1243-54.
- Tonosaki, A., Impact of walking ability and physical condition on fatigue and anxiety in hematopoietic stem cell transplantation recipients immediately before hospital discharge. Eur J Oncol Nurs, 2012. 16(1): p. 26-33.
- Brassil, K.J., et al., Impact of an incentive-based mobility program, "Motivated and Moving," on physiologic and quality of life outcomes in a stem cell transplant population. Cancer Nurs, 2014. 37(5): p. 345-54.