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# Effects of yoga on mindfulness in pediatric patients with oncology diagnoses through guardian perspectives: a research protocol

Dana Cutler, SPT; Victoria Ciszak, SPT; Gabriella LaManna, SPT; Kristen Ogonowski, SPT; Maureen Rinehimer PT, PHD, MS, MHS

## INTRODUCTION

Yoga practice is commonly utilized by physical therapists in order to promote physical and mental health. In populations with poorer prognoses, mindfulness and overall well-being becomes increasingly important. In particular, the pediatric cancer population requires an intervention that keeps these emotional needs in mind. Because children are physically and mentally developing throughout their oncology treatments, it is crucial that a comprehensive psychosocial treatment plan is initiated. Yoga can fill this need as it has elements that influence behavior and physical development.

## PURPOSE

The purpose of this study is to investigate the effectiveness of a pre-established yoga program on the quality of life of pediatric patients with oncologic diagnoses, through guardian reported intake forms.

## PARTICIPANTS

Guardian inclusion criteria:

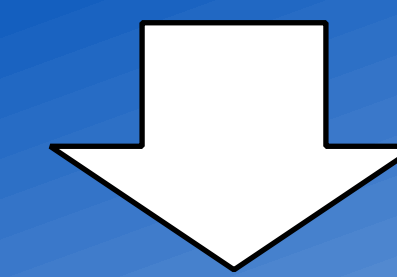
- Guardians of pediatric patients with oncologic diagnoses who are aged 5-17 years old.
- Guardians of children who are currently undergoing treatment for a cancer diagnosis.

Guardian exclusion criteria:

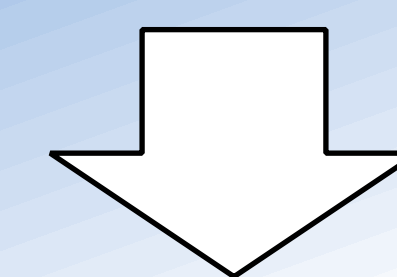
- Guardians who may not be cognitively fit to answer an intake form regarding their child's program.
- Guardians of children who are not cognitively or physically fit to complete a yoga program.
- Guardians of children in remission from cancer and are not actively receiving treatment.
- Guardians of children who are already participating in the pre-existing yoga program.

## METHODS

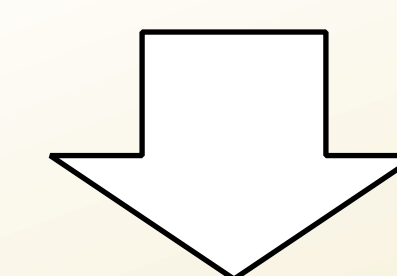
Following IRB approval, the facility will place flyers within a waiting room of family room within the facility.



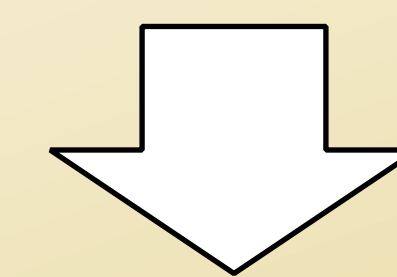
Guardians will express interest to a facility liaison who will provide the guardian with a guardian packet including: an informed consent, guardian instructions, and 2 copies of the PROMIS.



Guardian will fill out the first copy of the PROMIS.



Once the child has completed all 10 yoga sessions, the guardian will fill out the second copy of the PROMIS.



All paperwork will be inserted into a sealed envelope and turned in to the facility liaison, who will hold onto them in a locked cabinet until the researchers are able to collect them.

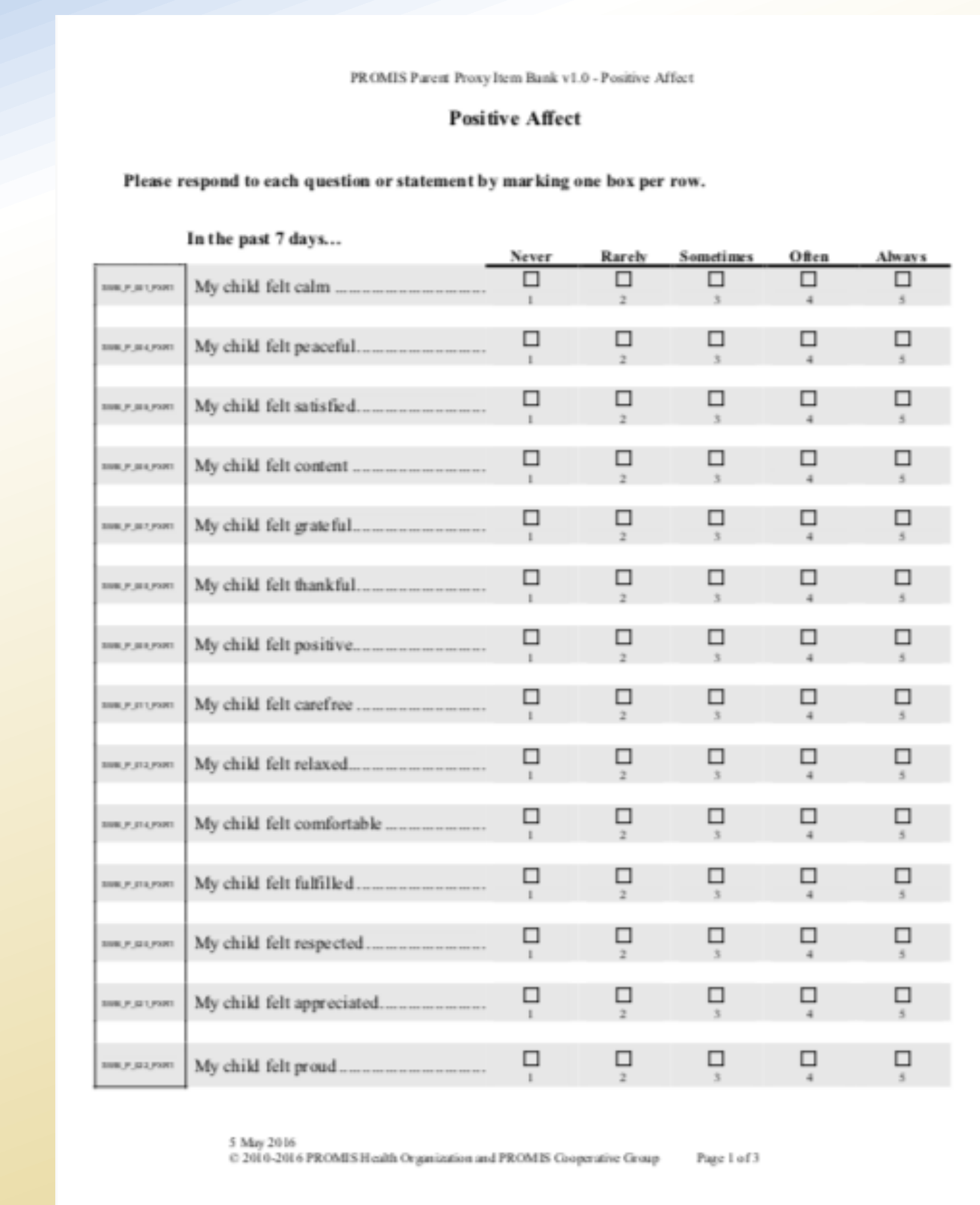
## IMPLICATIONS FOR PHYSICAL THERAPY PRACTICE

If later proved beneficial, clinical implications of this research would help to:

- Increase use of yoga in PT within this population.
- Utilize an integrative, biopsychosocial, approach to therapy.

Benefits of this intervention include:

- Yoga highly adaptable for specific patient needs.
- Yoga can be performed within limited space, without equipment.
- Yoga can be performed in a home exercise format.



In the past 7 days...		Never	Rarely	Sometimes	Often	Always
My child felt calm		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My child felt peaceful		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My child felt satisfied		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My child felt content		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My child felt grateful		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My child felt thankful		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My child felt positive		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My child felt carefree		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My child felt relaxed		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My child felt comfortable		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My child felt fulfilled		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My child felt respected		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My child felt appreciated		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My child felt proud		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Fig. 1: First page of the PROMIS Parent Proxy Item Bank- Positive Affect

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