

**Oncology Nursing Society  
Educational Planning Form**

| <b>Content (Topics)</b>   | <b>Clock Times</b> | <b>Minutes</b> | <b>Presenter/Author</b>   | <b>Learning Techniques/Learner Engagement Strategies</b>                  |
|---|--------------------|----------------|---------------------------|---|
| Provide an outline of the content   | If live            | If live        | List the presenter/author | **List the learner engagement strategies to be used by presenters/authors |
| <ul style="list-style-type: none"> <li>• Benefits of physical activity for cancer survivors</li> <li>• Current data about physical activity among cancer survivors</li> <li>• Nursing scope of practice related to physical activity recommendations</li> <li>• Barriers to physical activity in survivors</li> <li>• Assessment for physical activity readiness and risk</li> <li>• Physical activity recommendations based on where they are on cancer continuum</li> <li>• Setting physical activity goal with patients</li> <li>• Teaching tools and resources</li> </ul> |                    | 40             |                           | Lecture/discussion<br>Powerpoint<br>Video clip<br>Handouts                |
| Case study  |                    | 10             |                           | Case study with group discussion  |
| Q&A/evaluation  |                    | 10             |                           |   |
|   |                    |                |                           |   |
|   |                    |                |                           |   |

**Contact Hour Calculation**

If Live:

Note: Time spent evaluating the learning activity may be included in

If Enduring:

Method of calculating contact hours:

|  |   |
|--|---|
| <p>the total time when calculating contact hours.</p> <p>Total Minutes <u>  60  </u> divided by 60= <u>  1.0  </u> contact hour(s)</p> | <p><input type="checkbox"/> The actual length of a recorded program plus estimated length of post-testing and evaluation.</p> <p><input type="checkbox"/> A pilot study (Show your calculations below)</p> <p><input type="checkbox"/> Other (please describe method) _____</p> <p>Number of Contact Hours requested: _____</p> |
|--|---|

|   |
|---|
| <p><u>Pilot Study Calculations</u></p> <p>Number of participants included in pilot study _____</p> <p>Average amount of time in minutes to complete activity _____</p> <p>Contact hours (average minutes/60): _____</p> |
|---|

*\*\*Suggested learner engagement strategies can include, but are not limited to, dialogue or question/answer, audience response to questions, time for reflection, analyzing case studies and opportunities for problem-based learning.*

| <b>Evidence to support content</b>   |   |
|--|---|
| List the evidence-based references used for developing this educational activity. Please provide at least one reference for each major content area.   |   |
| Reference  | Content areas   |
| U.S. Department of Health and Human Services. (2014). 2008 physical activity guidelines for Americans summary. Office of Disease Prevention and Health Promotion. Retrieved from <a href="http://www.health.gov/paguidelines/guidelines/summary.aspx">http://www.health.gov/paguidelines/guidelines/summary.aspx</a>                               | <ul style="list-style-type: none"> <li>• Benefits of physical activity for cancer survivors</li> <li>• Assessment for physical activity readiness and risk</li> <li>• Physical activity recommendations based on where they are on cancer continuum</li> </ul>  |
| Kushi, L.H., Doyle, C., McCullough, M., Rock, C.L., Demark-Wahnefried, W., Vandera, E.V., ... the American Cancer Society 2010 Nutrition and Physical Activity Guidelines Advisory Committee. (2012). American Cancer Society guidelines on nutrition and physical activity for cancer prevention. CA: A Cancer Journal for Clinicians, 62, 30-67. | <ul style="list-style-type: none"> <li>• Benefits of physical activity for cancer survivors</li> <li>• Current data about physical activity among cancer survivors</li> <li>• Barriers to physical activity in survivors</li> <li>• Physical activity recommendations based on where they are on cancer continuum</li> </ul>  |
| Ligibel, J.A., & Denlinger, C.S. (2013). New NCCN guidelines® for survivorship care. Journal of the National Comprehensive Cancer Network, 11(Suppl. 5), 640-644.  | <ul style="list-style-type: none"> <li>• Benefits of physical activity for cancer survivors</li> <li>• Current data about physical activity among cancer survivors</li> <li>• Barriers to physical activity in survivors</li> <li>• Physical activity recommendations based on where they are on cancer continuum</li> </ul>  |
| Schmidtz, K.H., Courneya, K.S, Matthews, C. Demark-Wahnefried, W., Galvao, D.A., Pinto, B.M., ... Schwartz, A.L. (2010). American College of Sports Medicine roundtable on exercise guidelines for cancer survivors. Medicine & Science in Sports & Exercise, 42, 1409-1426.   | <ul style="list-style-type: none"> <li>• Benefits of physical activity for cancer survivors</li> <li>• Current data about physical activity among cancer survivors</li> <li>• Barriers to physical activity in survivors</li> <li>• Assessment for physical activity readiness and risk</li> <li>• Physical activity recommendations based on where they are on cancer continuum</li> </ul> |
| Irwin, M. & Johnson, L. A. (2014). Putting evidence into practice: A pocket guide to cancer symptom management. Pittsburgh, PA: Oncology Nursing Society.  | <ul style="list-style-type: none"> <li>• Nursing scope of practice related to physical activity recommendations</li> <li>• Physical activity recommendations based on where they are on cancer continuum</li> </ul>   |

Format for evidence-based sources:

Journal article: Authors, year of publication, article title, journal title, volume/number, pages.

Book chapter: Chapter author, chapter title, year published, book authors, book title, chapter pages, publisher.

Website: Article/content author, article title, year of publication (if available), website URL and date last retrieved article.

Clinical guidelines: Author, year of publication, guideline title.

Expert resource: Name of resource and descriptive information (eg, credentials and description of expertise on topic, description of organization and expertise in topic)