

**Oncology Nursing Society
Educational Planning Form**

Content (Topics)	Clock Times	Minutes	Presenter/Author	Learning Techniques/Learner Engagement Strategies
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"> • Benefits of physical activity for cancer survivors • Current data about physical activity among cancer survivors • Nursing scope of practice related to physical activity recommendations • Barriers to physical activity in survivors • Assessment for physical activity readiness and risk • Physical activity recommendations based on where they are on cancer continuum • Setting physical activity goal with patients • Teaching tools and resources 		40		Lecture/discussion Powerpoint Video clip 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>
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Pilot Study Calculations

Number of participants included in pilot study _____

Average amount of time in minutes to complete activity _____

Contact hours (average minutes/60): _____

***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.*

Evidence to support content	
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 http://www.health.gov/paguidelines/guidelines/summary.aspx	<ul style="list-style-type: none"> • Benefits of physical activity for cancer survivors • Assessment for physical activity readiness and risk • Physical activity recommendations based on where they are on cancer continuum
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"> • Benefits of physical activity for cancer survivors • Current data about physical activity among cancer survivors • Barriers to physical activity in survivors • Physical activity recommendations based on where they are on cancer continuum
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"> • Benefits of physical activity for cancer survivors • Current data about physical activity among cancer survivors • Barriers to physical activity in survivors • Physical activity recommendations based on where they are on cancer continuum
Schmidt, 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"> • Benefits of physical activity for cancer survivors • Current data about physical activity among cancer survivors • Barriers to physical activity in survivors • Assessment for physical activity readiness and risk • Physical activity recommendations based on where they are on cancer continuum
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"> • Nursing scope of practice related to physical activity recommendations • Physical activity recommendations based on where they are on cancer continuum

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)