

Abstract

Title: Pohybové intervence u pacientů v paliativní péči

Objectives: The aim of the systematic research was to find out and summarize, on the basis of the available literature, the benefits of movement interventions for oncologically ill patients in palliative care and to summarize the specific possibilities of movement interventions for these patients.

Methods: The bachelor's thesis was prepared in the form of a literature search. A total of three literature databases - PubMed, Web of Science, EBSCO - were selected for the bachelor's thesis and were systematically explored using keywords that were purposefully chosen to answer the research question. A total of 599 studies were identified in the basic search, of which 7 were identified using a manual search. After removing duplicates, a further 586 studies were excluded. The final number of search titles was 15 studies.

Results: A total of 15 studies were selected. In these studies, exercise interventions for cancer patients in palliative care have been identified as beneficial and have been evaluated to have a positive effect, particularly in improving physical fitness, mobility, dyspnea, sleep, muscle strength, independence, quality of life and reduction of fatigue, anxiety, depression, neuropathy and hemoptysis. The most represented movement interventions were aerobic exercises and strength training. Aerobic training most often included walking, cycling and running. As part of strength training, patients most often trained biceps, triceps and back. Other movement interventions applied were nordic walking, breathing exercises and yoga.

Conclusion: The review provides information on the possibilities of movement interventions for patients in palliative care and their benefits. It highlights the importance of movement interventions for patients in palliative care.

Aerobic exercise and strength training, if well designed and conducted, has been found to have very positive benefits on patients in palliative care. Participation in these exercise intervention programs lead to an increase in improvement in quality of life, muscle strength, sleep, dyspnea and a reduction in patient fatigue.

Keywords:

Movement interventions, palliative care, palliatives, movement therapy