

# Implementing a Marathon Program to Increase Mobility and Social Engagement Among Hospitalized Pediatric Patients

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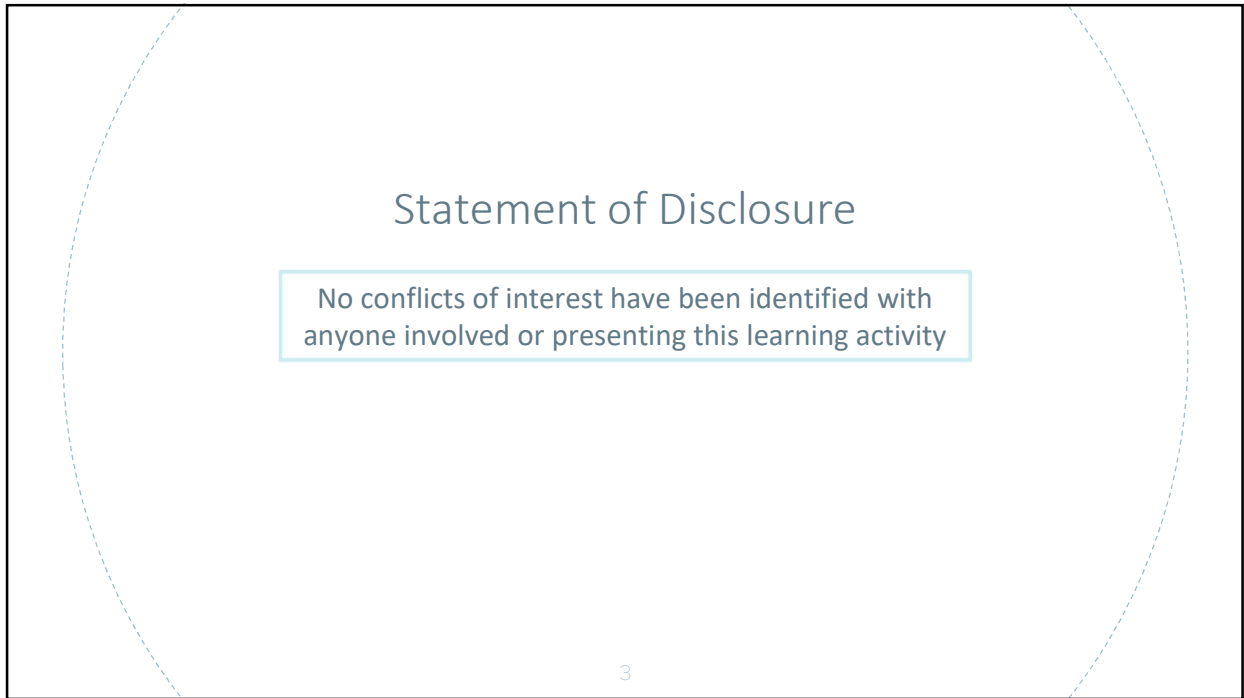
DOERNBECHER  
CHILDREN'S  
Hospital

## Introduction



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OHSU Doernbecher Children's Hospital  
10 South Pediatric Hematology, Oncology, and Bone Marrow Transplant Unit



Statement of Disclosure

No conflicts of interest have been identified with anyone involved or presenting this learning activity

3

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Problem/Basis of Inquiry

Children with long hospital stays experience:

- ⦿ Feelings of boredom
- ⦿ Social isolation
- ⦿ Physical inactivity

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## Background


A literature review demonstrated exercise programs implemented for pediatric hematology/oncology patients during inpatient admissions are:

- ◎ Safe<sup>1,2,3</sup>
- ◎ Well-tolerated<sup>1,2</sup>
- ◎ Positive physical and psychosocial impact<sup>2,3</sup>

## Intervention

A marathon program was formally implemented in 2017 by clinical nurses (inspired by patients) on 10 South.

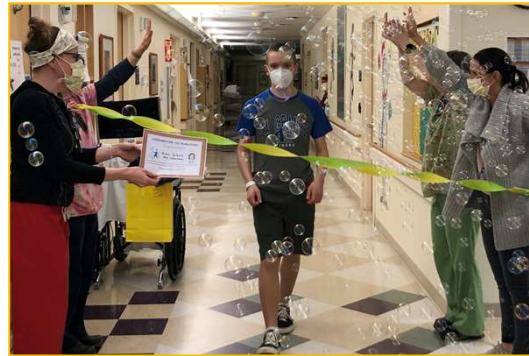
The purpose of this intervention was to increase mobility and social engagement and decrease feelings of boredom among pediatric patients with extended hospital stays.



Yvonne with Heidi, RN (founder of the marathon program)

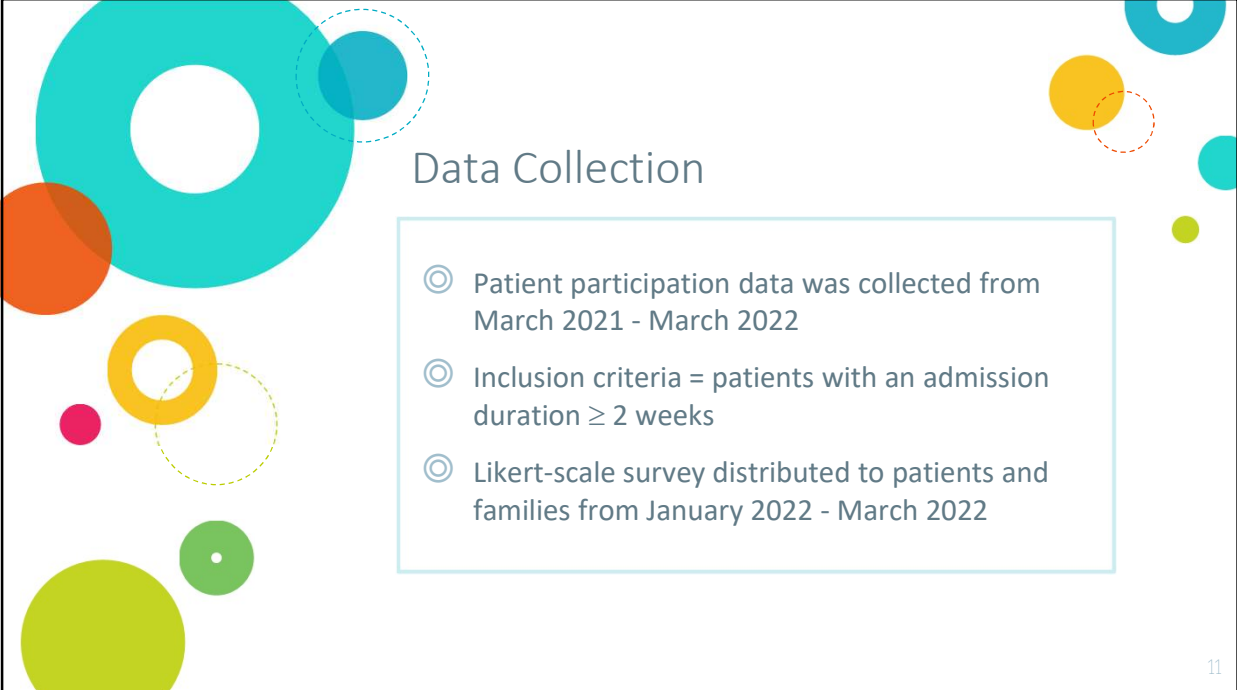


...and they celebrate with staff and family as they cross the finish line!



Patients receive a pair of athletic shoes upon completion of their marathon challenge

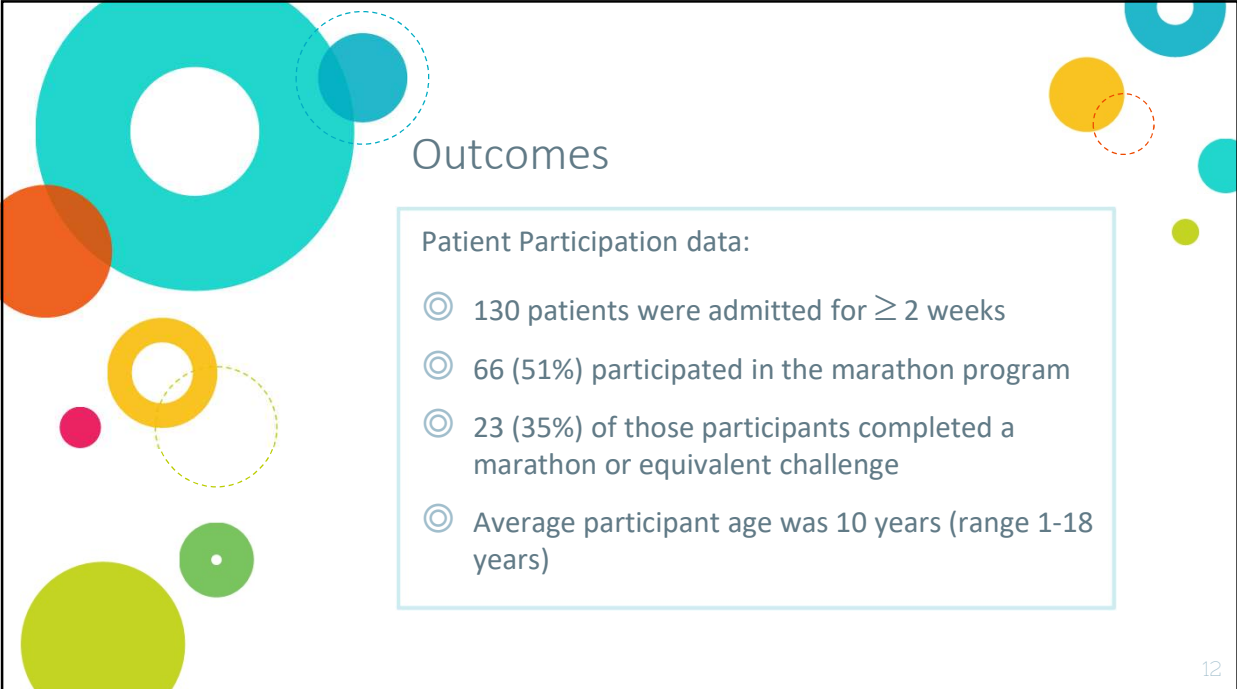




## Data Collection

- ⦿ Patient participation data was collected from March 2021 - March 2022
- ⦿ Inclusion criteria = patients with an admission duration  $\geq 2$  weeks
- ⦿ Likert-scale survey distributed to patients and families from January 2022 - March 2022

11

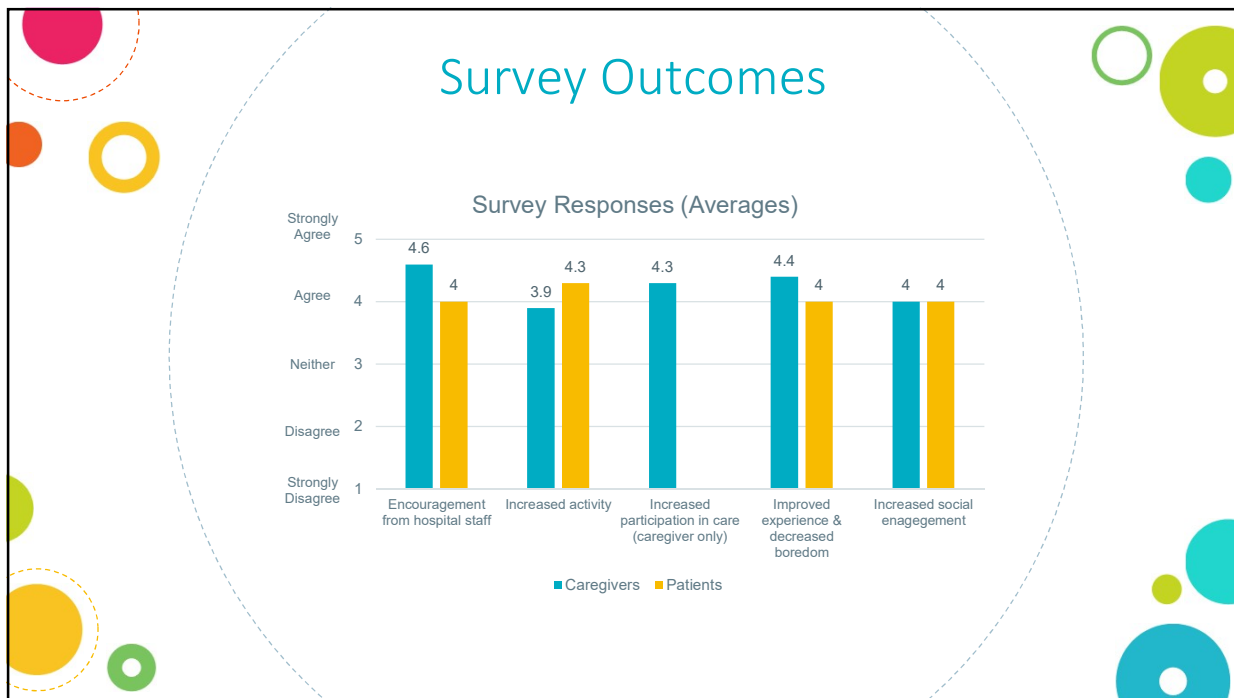


## Outcomes

Patient Participation data:

- ⦿ 130 patients were admitted for  $\geq 2$  weeks
- ⦿ 66 (51%) participated in the marathon program
- ⦿ 23 (35%) of those participants completed a marathon or equivalent challenge
- ⦿ Average participant age was 10 years (range 1-18 years)

12



Survey data from patients and caregivers revealed that the marathon program was a helpful incentive to exercise, encouraged patients to participate in their care, helped combat boredom, and increased social interaction.



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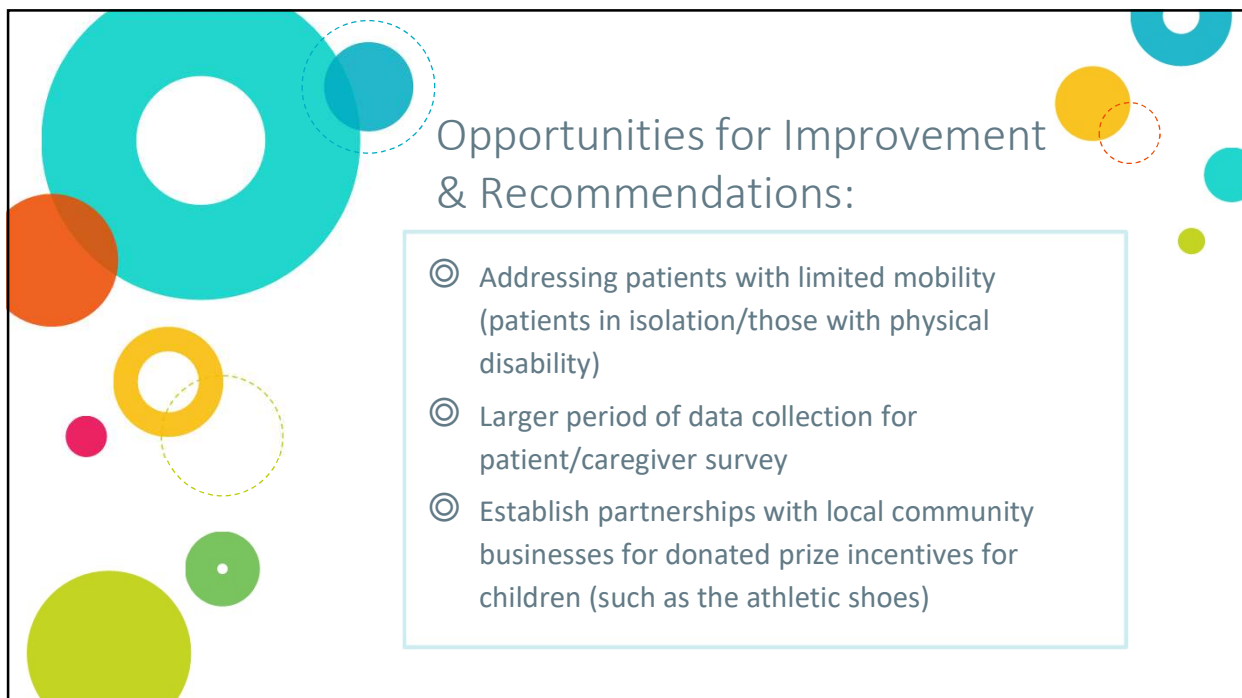
## Feedback

*“I met a lot of people in my marathon! (and made friends)”*  
— 7 year-old patient

*“We really appreciate the different levels for different ages...He may not have noticed much of the benefits but we noticed!”*  
— Patient parent

*“Thank you so much for the opportunity to earn shoes by walking a marathon. It was such a good incentive”*  
— 18 year-old patient

*“The marathon program greatly motivated my child to be more active during her hospitalization.... It would be helpful to have some more explicit rules such as whether certain activities ‘count’.”*  
— Patient parent



## Opportunities for Improvement & Recommendations:

- ⦿ Addressing patients with limited mobility (patients in isolation/those with physical disability)
- ⦿ Larger period of data collection for patient/caregiver survey
- ⦿ Establish partnerships with local community businesses for donated prize incentives for children (such as the athletic shoes)



## Acknowledgement



Special thanks to Heidi Daniel, RN and the work she dedicated to the Marathon Program over the years. We recently changed the program name to "Heidi's Doernbecher Marathon" in honor of her

# Thank You!

## Any questions?

You can reach me at [portersa@ohsu.edu](mailto:portersa@ohsu.edu)

### References

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