CUORI IN MOVIMENTO: LO SPORT IN OSPEDALE – ESPERIENZA DI LECCE

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ASSOCIAZIONE ITALIANA EMATOLOGIA ONCOLOGIA PEDIATRICA

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LECCE, 13-14 ottobre 2026
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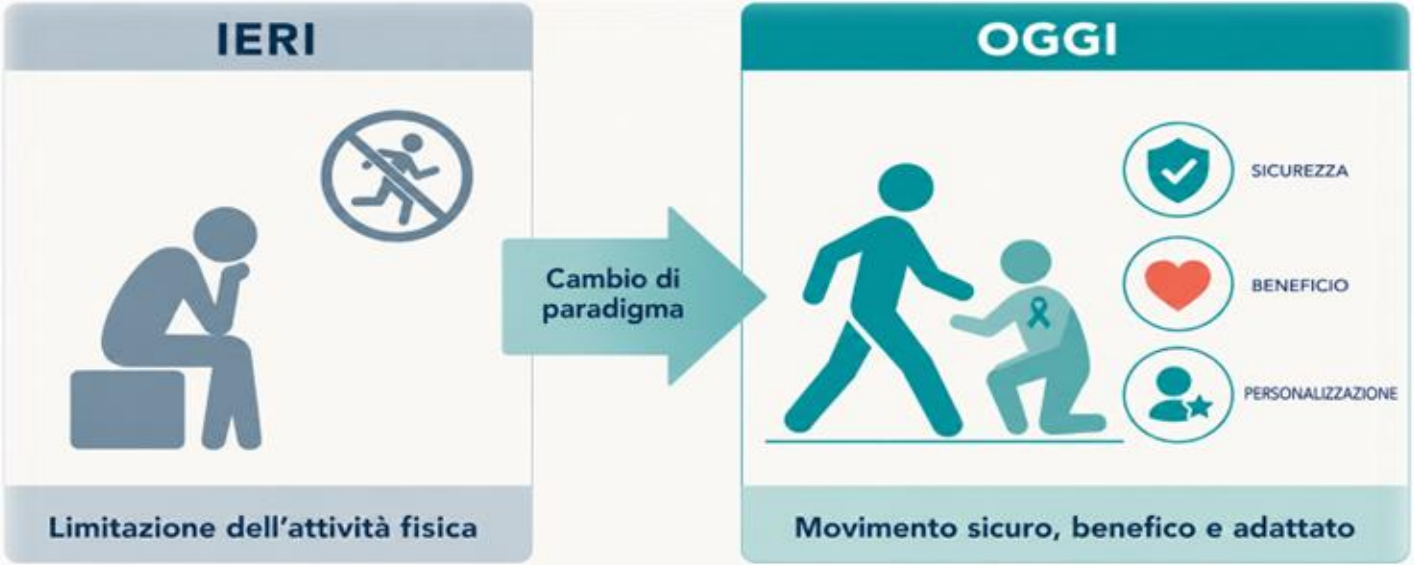
1. BACKGROUND



« Il tempo è un gioco giocato splendidamente dai bambini.»

Eraclito

- LO SPORT NELLA MALATTIA ONCOLOGICA



- *International pediatric oncology exercise guidelines; American College of sports Medicine.*



PRESA IN CARICO GLOBALE

CAMBIO DI PROSPETTIVA

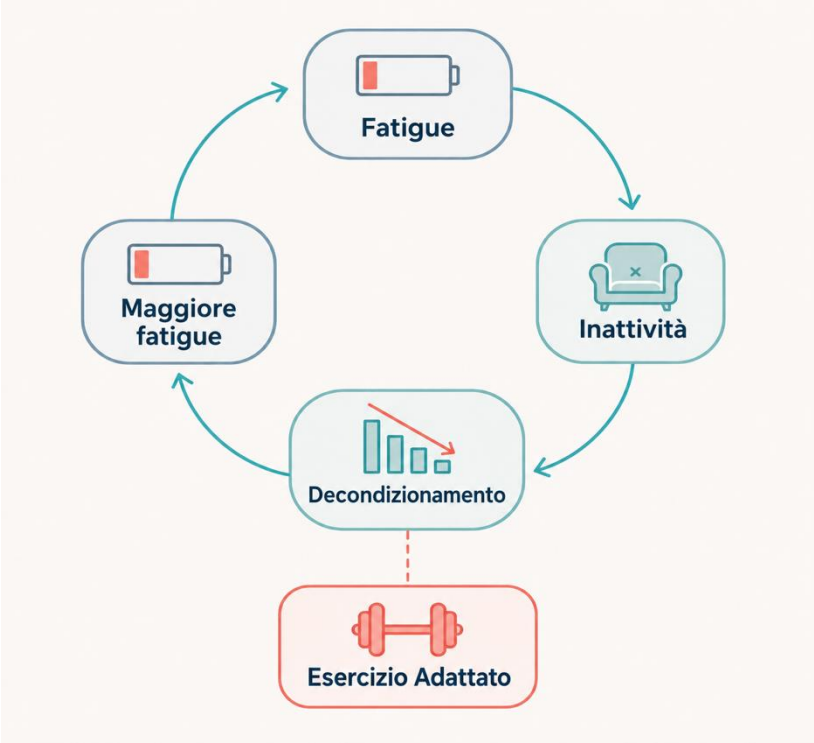
QUALE ATTIVITÀ PUÒ PRATICARE IL BAMBINO, OGGI?

- QUALE ATTIVITÀ?
- IN QUALE FASE?
- QUALE INTENSITÀ?
- CON QUALI MODALITÀ?

IN CONDIZIONI DI SICUREZZA

- FUNZIONE FISICA
- PARTECIPAZIONE
- QUALITÀ DI VITA

2. EFFETTI COLLATERALI DELL'INATTIVITA'



ScienceDirect

Access through your organization

Other access options

Critical Reviews in Oncology/Hematology

Volume 152, August 2020, 103004

The effect of exercise and motor interventions on physical activity and motor outcomes during and after medical intervention for children and adolescents with acute lymphoblastic leukemia: A systematic review

Alison Coombs [a b], Hannah Schilperoort [c], Barbara Sargent [b]

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The international Pediatric Oncology Exercise Guidelines (iPOEG)

Amanda Wurz et al. Transl Behav Med. 2021.

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Abstract

Physical activity (PA) and exercise are safe and beneficial for children and adolescents affected by cancer. Yet, this population is not active enough to receive benefits. PA guideline and recommendation statements can support individual behavior and practice change. The purpose of this project was to develop the

NEXT

3. BENEFICI DELL'ATTIVITA' FISICA

MIGLIORAMENTO DELLA FORZA MUSCOLARE E DELLA FUNZIONE FISICA

FORZA + FUNZIONE
sono i risultati con l'evidenza più robusta secondo il consenso ACSM 2026.

CAMMINARE
mobilità

Fare le SCALE
resistenza

GIOCARE
partecipazione

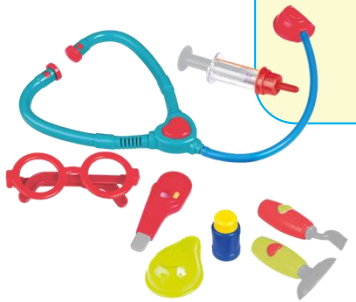
SCUOLA
routine sociale

RIDUZIONE DELLA FATIGUE

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«Cancer-related fatigue (CRF) is a distressing, persistent, subjective sense of physical, emotional, and/or cognitive tiredness or exhaustion related to cancer or cancer treatment that is not proportional to recent activity and interferes with usual functioning.[1] Fatigue is the most common side effect of cancer treatment with chemotherapy, radiation therapy, bone marrow transplantation, or selected biologic response modifiers.»

NATIONAL CANCER INSTITUTE

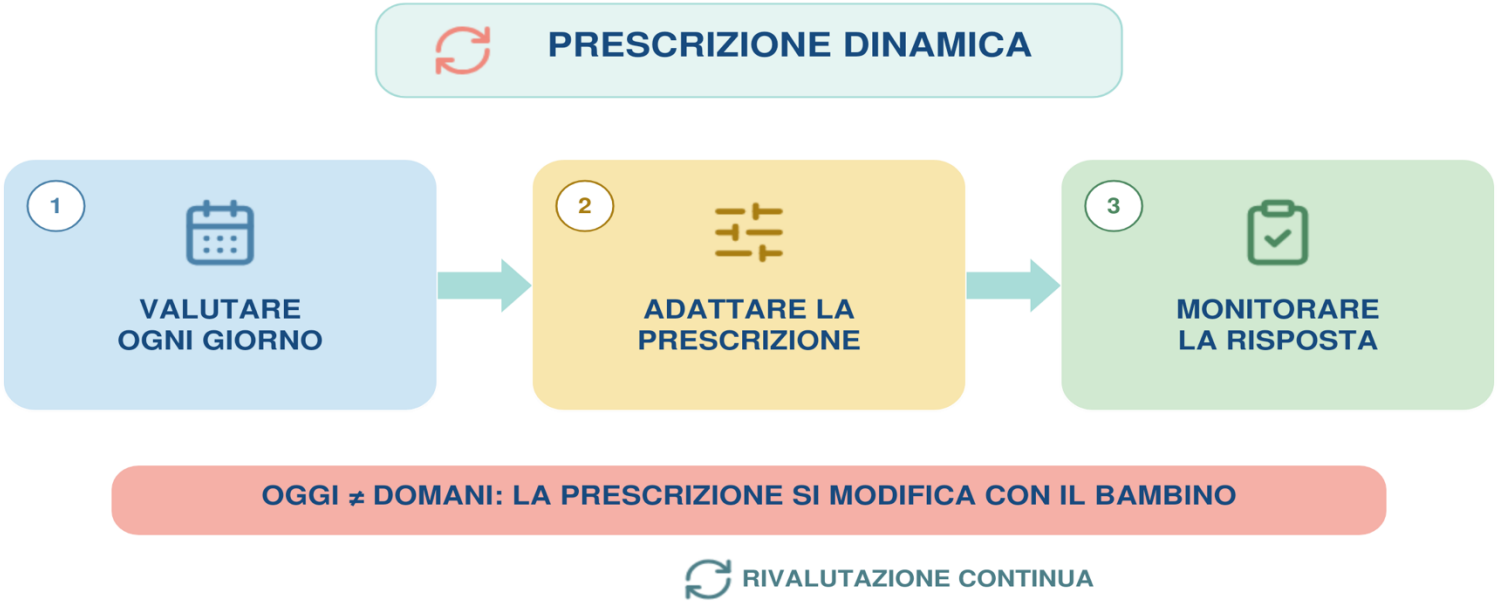


QUALITA' DI VITA
E BENESSERE PSICOLOGICO

" la Migliore qualità di vita possibile"



4. MODELLO ASSISTENZIALE

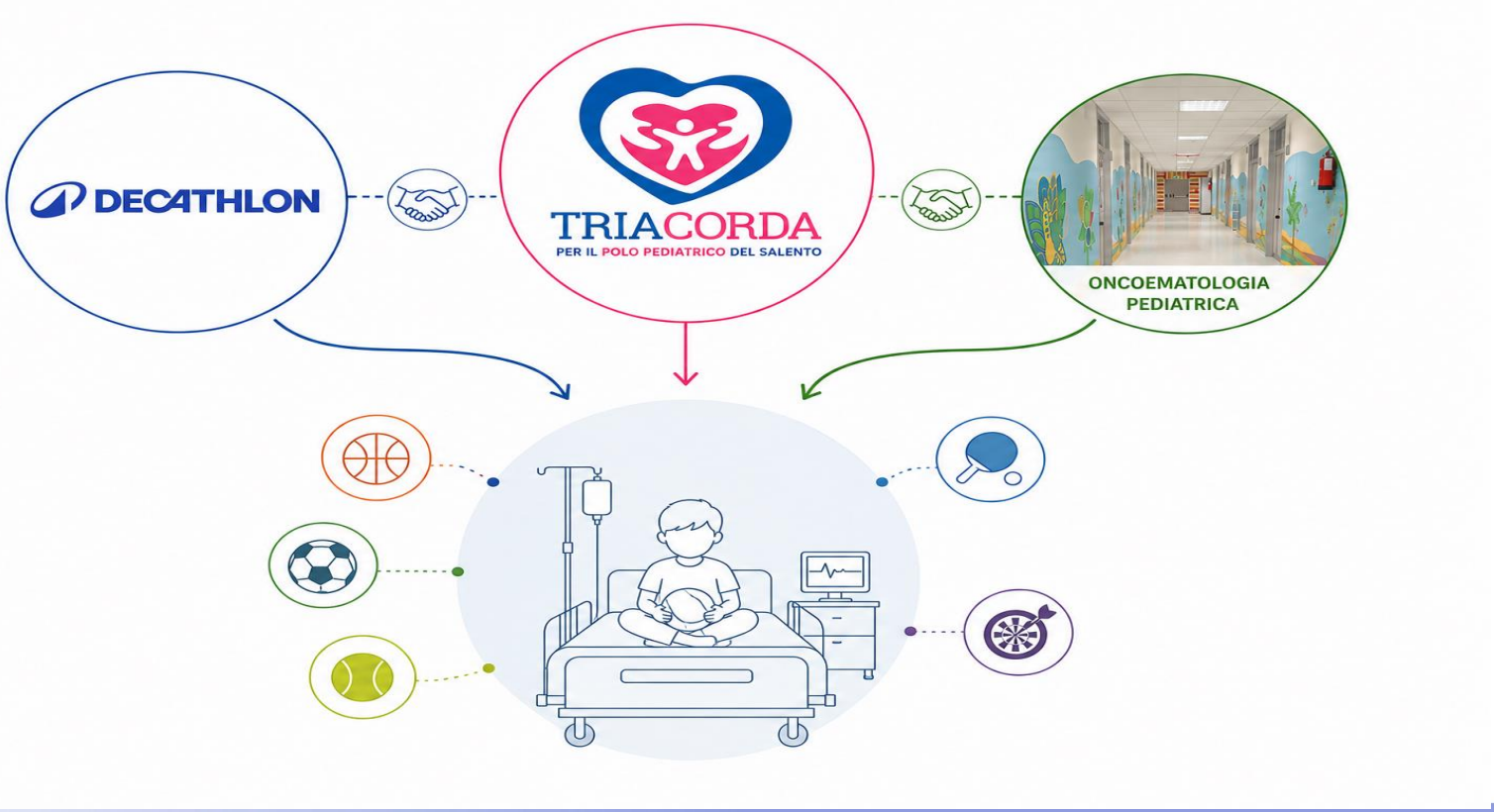


Dong Y, et al. Clin J Oncol Nurs. 2026;49. doi:10.1097/NCC.0000000000001412



Neu MA, et al. Front Oncol. 2026;16:1893935. doi:10.3389/fonc.2026.1893935

5. Cuori in Movimento: l'esperienza di Lecce



6. CONCLUSIONI

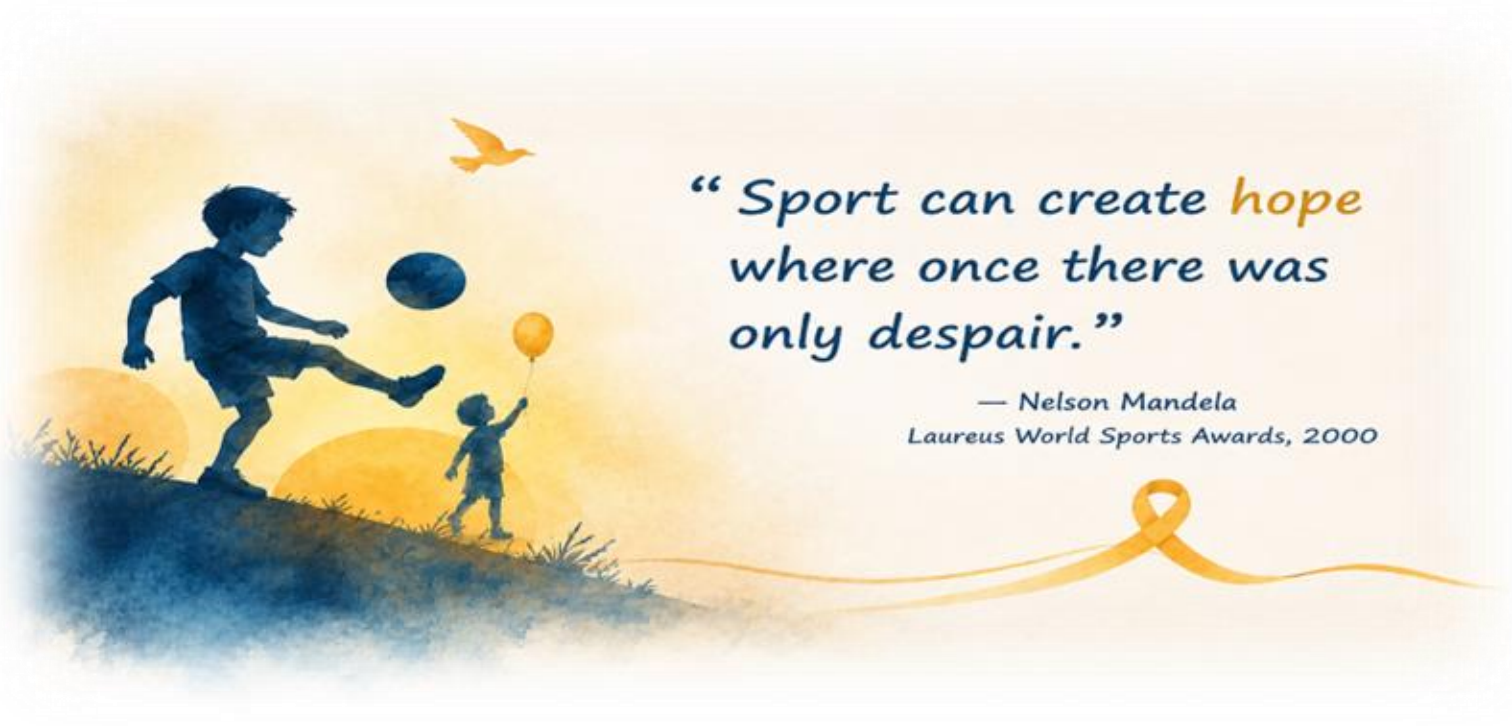












Grazie per l’attenzione