



# The Cochrane Clinical Answers

圖書室 黃鈺婷

# 簡介

- 是一個重點照護檢驗臨床支援的工具，協助忙碌的專業醫療人員快速取得決策。
- 自 **Cochrane Library** 評論系統(**Systematic Reviews**)過濾出高品質的驗證結果。此系統分析完善，詳實提供實際方法解決一般臨床疑問。
- 以模擬出專業醫療人員收集資訊的方式為設計理念。
- 持續增加新的疑問，以確保涵蓋各種醫療主題。

# 主題

- 麻醉與疼痛控制
- 癌症
- 兒童健康
- 輔助及另類療法
- 耳、鼻、喉科
- 內分泌與代謝
- 心臟與循環系統
- 傳染疾病
- 腎臟疾病
- 肺臟與氣管
- 心理健康
- 神經內科
- 整型外科與外傷
- 懷孕與生育
- 風濕科
- 皮膚科
- 傷口

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主題以問答方式  
呈現

#### Question:

**What are the effects of exercise for managing cancer-related fatigue in adults?**

#### Clinical Answer:

In adults undergoing treatment for cancer, data in around 2500 people suggest that exercise programs have a small to moderate effect on fatigue. Data are inadequate to determine whether quality of life, anxiety, or depression are meaningfully affected, or to draw conclusions regarding effects on hematologic compared with solid malignancies.

#### Click below for full outcome data.

##### 1. Exercise versus no exercise

**OUTCOME 1.1: Fatigue at the end of intervention**

**OUTCOME 1.2: Quality of life**

**OUTCOME 1.3: Anxiety**

**OUTCOME 1.4: Depression**

##### Population, Intervention, Comparator

##### Population:

Adults with cancer (primarily breast cancer); time since diagnosis varied widely across studies

##### Intervention:

Supervised, institution-based aerobic exercise programs (65% of studies) or unsupervised home-based exercise programs, involving walking with or without resistance training (14 studies), cycling (6 studies) or multimodal self-selected aerobic exercise (23 studies) for an average of around 3 months (range 3 weeks to 1 year)

##### Comparator:

No exercise/usual care

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Exercise for the management  
of cancer-related fatigue in  
adults

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