Influence of Tai Chi on Self-Efficacy, Quality of Life, and Fatigue Among Patients with Cancer Receiving Chemotherapy

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Overview
The purpose of this activity is to describe the findings of an eight week exploratory sequential mixed methods study that incorporates a dominant qualitative strand to explore the differences between responses of an intervention group employing tai chi exercise and a comparison group that examined the effectiveness of an intervention used to minimize the side effects associated with individuals actively receiving chemotherapy. The study used exploratory sequential mixed methods with a dominant qualitative strand to explore between an intervention group using tai chi and a non-exercising comparison group that was wait-listed for the program.

Learner Outcomes:
At the conclusion of this activity, learners will be able to:
1. Discuss the concepts addressed by the researchers.
2. Discuss the implications for future treatment identified in this study.
3. Describe the significance of the literature review as reported in the article.
4. Describe the interconnectedness of the themes reported in this article.
5. List the limitations of this study.
6. Summarize the differences in this study from previous studies.

Contact Hours 2.3

Requirements for Successful Completion
Requirements for successful completion includes: read the entire article, score 70% or better on posttest, complete the online evaluation form.

Conflict of Interest
The planners and faculty have declared no conflicts of interest related to this activity.

Commercial Support
There is no commercial support or sponsorship for this activity.

Expiration Date of Contact Hours
Posttest must be completed on or before November 30, 2021

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