Exercise Interventions to Manage Fatigue in Women With Gynecologic Cancer: 
A Systematic Review

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PROBLEM IDENTIFICATION: Fatigue has a negative impact on the quality of life of patients with cancer. The aim of this review is to evaluate studies on the effectiveness of exercise interventions in reducing fatigue in women with gynecologic cancer.

LITERATURE SEARCH: The review was conducted according to the PRISMA guidelines using the CINAHL®, MEDLINE®, EMBASE, PsycINFO®, and Cochrane Library databases. The Critical Appraisal Skills Programme was used for quality assessment.

DATA EVALUATION: Five studies met the inclusion criteria: three randomized, controlled trials and two single-arm trials.

SYNTHESIS: Evidence suggests that exercise interventions result in significant reductions in fatigue in women with gynecologic cancer. However, the current evidence is limited. Additional studies are required to address the dose-dependent outcomes of exercise interventions on fatigue in women with gynecologic cancer.

IMPLICATIONS FOR NURSING: Findings support the positive effects of exercise interventions in reducing fatigue in women with gynecologic cancer, suggesting that healthcare professionals may consider including exercise programs into management plans for this population.

KEYWORDS gynecologic cancer; fatigue; exercise; quality of life; systematic review

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