



HOSPITAL ADMISSION HSCT

CONDITIONING REGIMEN

STEM CELL INFUSION

NEUTROPENIC PHASE

EARLY PHASE AFTER HSCT
Mixed exercise program (home based program and supervised exercise training).

FOLLOW UP ASSESMENT

Phase 1, EX Intervention

Hospital discharge

Phase 2, EX Intervention

End of phase 2

PEER program will be offer to the entire participants

Baseline assessment:

- Immune system recovery
- QOL
- Physical activity levels
- HRF
- Dietary intake

+30 day assessment:

- Immune system recovery
- QOL
- Physical activity levels
- HRF
- Dietary intake

+70 day assessment:

- Immune system recovery
- QOL
- Physical activity levels
- HRF
- Dietary intake

+180 day assessment:

- Immune system recovery
- QOL
- Physical activity levels

± 28 days

70 days

85 days