

Fit4Surgery

Baukje van den Heuvel

abdominal surgeon and projectleader fit4surgery

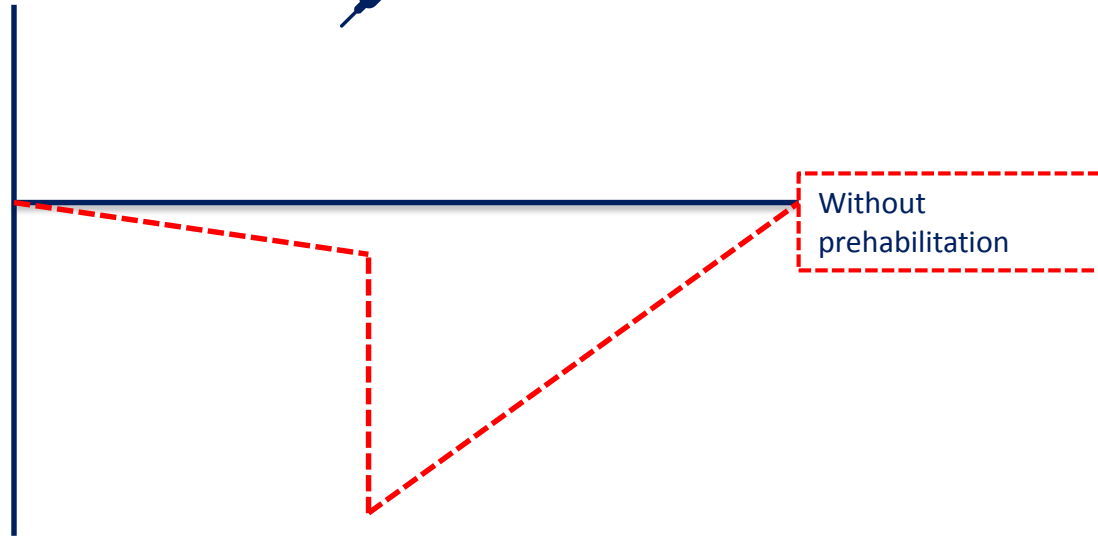


Radboudumc



Diagnosis

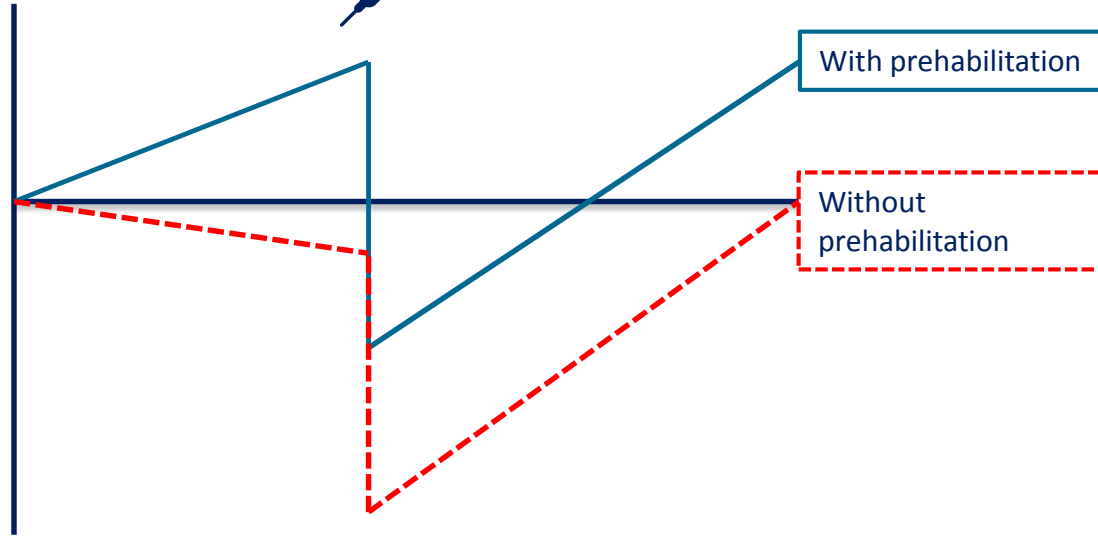
Surgery



Physical fitness in time

Diagnosis

Surgery



With prehabilitation

Without prehabilitation

Physical fitness in time

Eerste resultaten pilot Fit4Surgery Radboudumc



Patiëntkarakteristieken

Aantal patiënten

47

Resultaten



Opnameduur
(In dagen)

10,3 dagen (SD 6.3)



Complicaties

70%



Ernstige Complicaties
(≥ Clavien-Dindo IIIa)

36%

Patiëntkarakteristieken

Aantal patiënten

16

Resultaten



Opnameduur
(In dagen)

7,7 dagen (SD 4.9)
P = 0.140



Complicaties

37,5%
Relatief risico-
reductie 52%



Ernstige Complicaties
(≥ Clavien-Dindo IIIa)

12,5%
Relatief risico-
reductie 65%

Effects of Community-based Exercise Prehabilitation for Patients Scheduled for Colorectal Surgery With High Risk for Postoperative Complications: Results of a Randomized Clinical Trial

Annefleur E M Berkel¹, Bart C Bongers, Hayke Kotte, Paul Weltevreden, Frans H C de Jongh, Michiel M M Eijsvogel, A N Machteld Wymenga, Marloes Bigirwamungu-Bargeman, Job van der Palen, Marc J van Det, Nico L U van Meeteren, Joost M Klause

Affiliations + expand

PMID: 33443905 DOI: 10.1097/SLA.0000000000004702



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journal homepage: www.ejso.com



Comprehensive multidisciplinary care program for elderly colorectal cancer patients: "From prehabilitation to independence"

E.T.D. Souwer^{a,*}, E. Bastiaannet^{b,c}, S. de Bruijn^d, A.J. Breugom^b, F. van den Bos^{a,e}, J.E.A. Portielje^{a,c}, J.W.T. Dekker^d

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RANDOMIZED CONTROLLED TRIAL

Personalised Prehabilitation in High-risk Patients Undergoing Elective Major Abdominal Surgery

A Randomized Blinded Controlled Trial

Anael Barberan-Garcia, MSc,* Marta Ubré, MD,† Josep Roca, Prof. PhD,* Antonio M. Lacy, Prof. PhD,‡ Felip Burgos, PhD,* Raquel Risco, MD,† Dulce Momblán, PhD,§ Jaume Balust, MD,† Isabel Blanco, PhD,* and Graciela Martínez-Pallí, PhD¶

Randomized Controlled Trial > BMC Cancer. 2019 Jan 22;19(1):98.

doi: 10.1186/s12885-018-5232-6.

Multimodal prehabilitation in colorectal cancer patients to improve functional capacity and reduce postoperative complications: the first international randomized controlled trial for multimodal prehabilitation

Stefanus van Rooijen¹, Francesco Carli², Susanne Dalton³, Gwendolyn Thomas¹, Rasmus Bojesen⁴, Morgan Le Guen⁵, Nicolas Barizien⁶, Rashami Awasthi², Enrico Minnella², Sandra Beijer⁷, Graciela Martínez-Pallí⁸, Rianne van Lieshout⁹, Ismayil Gögenur⁴, Carlo Feo¹⁰, Christoffer Johansen^{3,11}, Celena Scheede-Bergdahl^{4,12}, Rudi Roumen¹, Goof Schep¹³, Gerrit Slooter^{14,15}

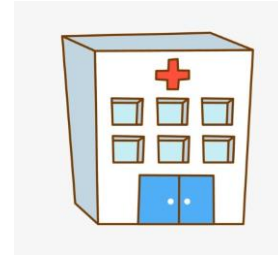
Affiliations + expand

PMID: 30670009 PMCID: PMC6341758 DOI: 10.1186/s12885-018-5232-6

Free PMC article

The future

- Prehabilitation should be standard care
- Prehabilitation should be accessible to all



The future

- Prehabilitation should be standard care
- Prehabilitation should be accessible to all
- Prehabilitation should be the starting point to improve health/ lifestyle in the continuum of care

Improving health (lifestyle) should be a routine element in the treatment of disease

