

## Exemplars of evidence-based care in practice

### Prehabilitation program for patients undergoing GI Cancer surgery

<p><b>WHAT</b> did the initiative involve?</p>	<p>All patients are assessed by a dietitian and exercise physiologist, as well as having a wellbeing assessment completed.</p> <p>Dietitian assessment includes:</p> <ul style="list-style-type: none"> <li>▪ Patient-Generated Subjective Global Assessment</li> <li>▪ SARC-F</li> <li>▪ BIA to assess muscle mass</li> </ul> <p>Physiotherapy / Exercise physiology assessment includes:</p> <ul style="list-style-type: none"> <li>▪ Hand grip strength and Chair Stand Test to assess muscle strength</li> <li>▪ Timed Up and Go test and Gait Speed test to assess muscle function</li> </ul> <p>After the initial assessment, patients participate in the multimodal program that consists of exercise (1 or 2, 60-minute exercise sessions/week), nutritional education and counselling and psychological support. The GI cancer nurse specialist contacts participants by phone or sees them when they come to the gym twice a week to provide support and encouragement.</p> <p>Patients are followed up 30 days after surgery.</p>
<p><b>WHO</b> was involved in the initiative?</p>	<p>Surgeons (GI) and peri-op team (cancer nurse, anaesthetic, allied health)</p> <ul style="list-style-type: none"> <li>▪ Referral to PAC – GI surgeons or MDT clinicians</li> <li>▪ Risk assessment (falls risk, nutrition risk screening) – nursing</li> <li>▪ Anaesthetic assessment – anaesthetist</li> <li>▪ Referral to prehab – cancer nurse or care coordinator</li> </ul>
<p><b>WHERE</b> did the initiative occur?</p>	<p>Prehabilitation Program Concord Repatriation General Hospital, NSW</p>
<p><b>WHO</b> was the target of the initiative?</p>	<p>Adult patients (&gt;18 years) with gastrointestinal (GI) cancer waiting for elective colorectal and upper GI cancer surgery with a curative intent</p>
<p><b>WHEN</b> was the initiative performed?</p>	<p>Screening and assessment initiated at time of diagnosis at either:</p> <ul style="list-style-type: none"> <li>- the GI cancer multidisciplinary team meeting</li> <li>- or pre-admission clinic (PAC).</li> </ul>
<p><b>HOW</b> was the initiative undertaken?</p>	<p>In 2018, Concord hospital implemented a pilot study for a colorectal preoperative optimisation program (CPOP). Following the success of CPOP, the prehabilitation team extended their work to establish prehabilitation for gastrointestinal cancer surgery (the Prehab-GI program) in January 2020. This program is currently operating under a research framework.</p>

<p><b>OUTCOMES</b></p>	<p>Formal outcomes will not be made available until after the study concludes. The program intends to report on the following measures:</p> <ul style="list-style-type: none"> <li>▪ attendance</li> <li>▪ compliance</li> <li>▪ functionality</li> <li>▪ length of hospital stay</li> <li>▪ post operative outcomes</li> <li>▪ psychological status</li> <li>▪ nutritional status</li> <li>▪ anxiety</li> <li>▪ depression</li> </ul> <p>Anecdotally, the prehabilitation team has noted positive outcomes throughout the program. These outcomes include improved family engagement and a positive change in organisational culture towards the concept of prehabilitation</p>
<p><b>REFERENCE</b></p>	<p>Prehabilitation: Key principles for preparing patients for surgery  <a href="https://aci.health.nsw.gov.au/data/assets/pdf_file/0005/743360/ACI-Prehabilitation-key-principles-for-preparing-patients-for-surgery.pdf">https://aci.health.nsw.gov.au/ data/assets/pdf file/0005/743360/ACI-Prehabilitation-key-principles-for-preparing-patients-for-surgery.pdf</a></p> <p>Case studies of existing prehabilitation sites in NSW  <a href="https://aci.health.nsw.gov.au/data/assets/pdf_file/0006/740598/ACI-Case-studies-of-existing-prehabilitation-sites-in-NSW.pdf">https://aci.health.nsw.gov.au/ data/assets/pdf file/0006/740598/ACI-Case-studies-of-existing-prehabilitation-sites-in-NSW.pdf</a></p>

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