



PATIENT PERSPECTIVES ON PREHABILITATION IN GENERAL SURGERY

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Health Sciences North
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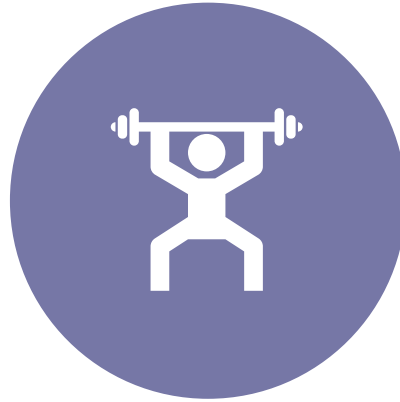
No Conflicts of Interest to Disclose.



Introduction to Surgical Prehabilitation



Patient optimization pre-operatively



Improve ability to withstand stress of surgery



Demonstrated to decrease length of stay, improve functional outcomes, and decrease complications



Prehabilitation Modalities

Unimodal or Multimodal



Nutrition



Exercise



Anxiety management



Smoking cessation



Objectives

01

Understand the patient perspectives on pre-operative optimization in General Surgery

02

Assess patient interest in various modalities of prehabilitation

03

Plan for future prehabilitation interventions in our patient population

Methods

- Survey created using SF-12 and specific questions relating to prehabilitation modalities
 - Nutritional assessment
 - Smoking cessation counselling
 - Mindfulness sessions
 - Exercise program
 - Medication review
- Distributed to patients at General Surgery clinics at Health Sciences North
 - Print and SurveyMonkey format

PRE-OPT STUDY

A research study looking at the potential role for a pre-operative exercise and nutrition program is being considered at HSN. The survey will take approximately 5 minutes of your time. Participation in the survey is completely voluntary and confidential.

OVERALL PHYSICAL AND EMOTIONAL HEALTH
In general, would you say your health is:

☐ Poor ☐ Fair ☐ Good ☐ Very good ☐ Excellent

Does your health CURRENTLY LIMIT YOU in these activities?

Limited a lot Limited a little Not limited at all

MODERATE activity (moving a table, vacuuming, golfing)

Climbing SEVERAL flights of stairs

In the PAST 4 WEEKS, as a result of your physical health, have you:

Yes No

ACCOMPLISHED LESS than you would like

Been limited in the KIND of work or other activities

In the PAST 4 WEEKS, as a result of your emotional health, have you:

Yes No

ACCOMPLISHED LESS than you would like

Completed work or other activities LESS CAREFULLY than usual

In the PAST 4 WEEKS, how much did PAIN interfere with your normal work?

☐ Extremely ☐ Quite a bit ☐ Moderately ☐ A little bit ☐ Not at all

How much of the time during the PAST 4 WEEKS have you felt:

	All the time	Most of the time	A good bit of the time	Some of the time	A little of the time	Never
Calm and Peaceful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
You have a lot of energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Downhearted and blue	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Your PHYSICAL or EMOTIONAL health interfered with social activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PRE-HABILITATION PROGRAM
Are you interested in any of the following programs?

	Yes	No
One-on-one nutritional assessment	<input type="radio"/>	<input type="radio"/>
Smoking cessation counseling	<input type="radio"/>	<input type="radio"/>
Guided group sessions on mindfulness to minimize anxiety/stress about surgery	<input type="radio"/>	<input type="radio"/>
A structured exercise program to increase physical well-being prior to surgery	<input type="radio"/>	<input type="radio"/>
Medication review	<input type="radio"/>	<input type="radio"/>
Concerns about being involved in the above programs Please specify: _____	<input type="radio"/>	<input type="radio"/>

What are the top 3 questions you would like to ask your SURGEON?

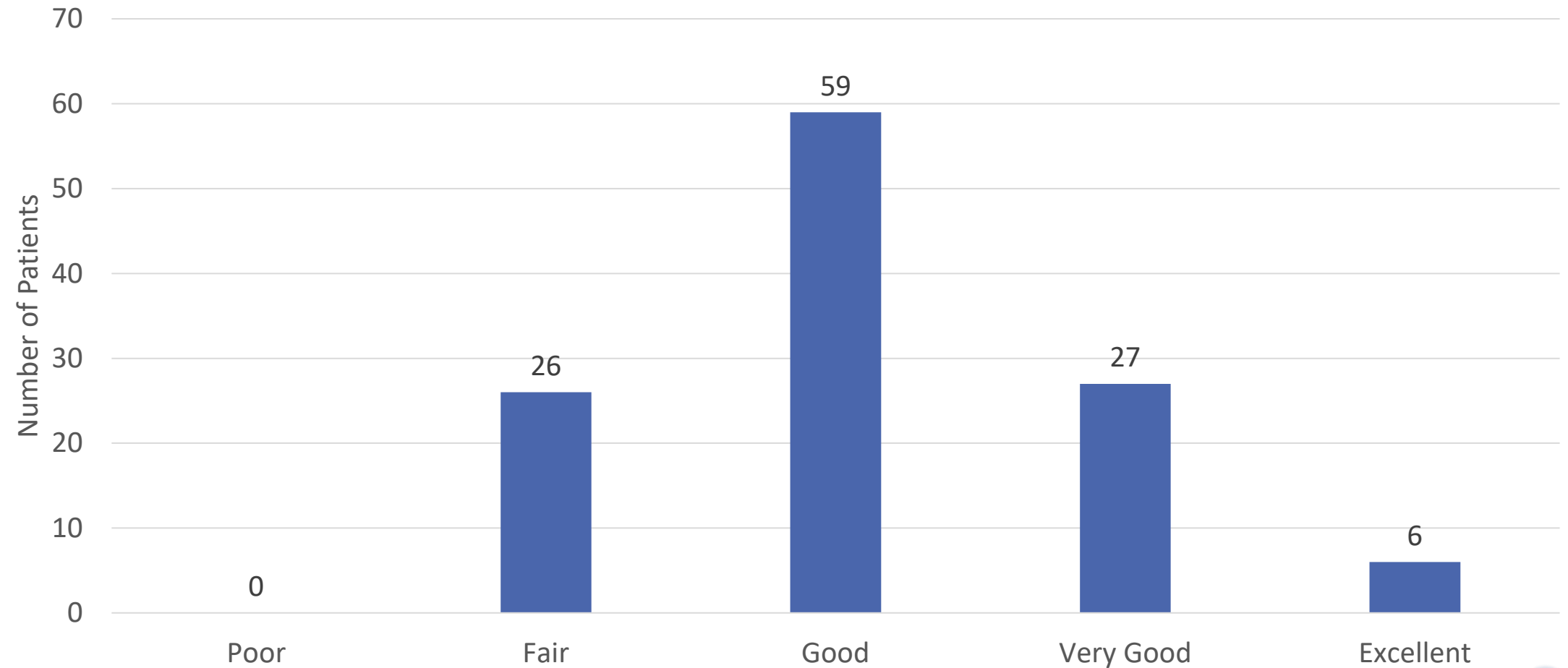
- _____
- _____
- _____

Results

N = 123



Global Self-Reported Rating of Health



Overall Health Limiting Activities

N = 123

No limitations (57)

Some limitations (66)



Limited due to Physical Health

N = 123

No limitations (64)

Some limitations (59)



Limited due to Emotional Health

N = 122

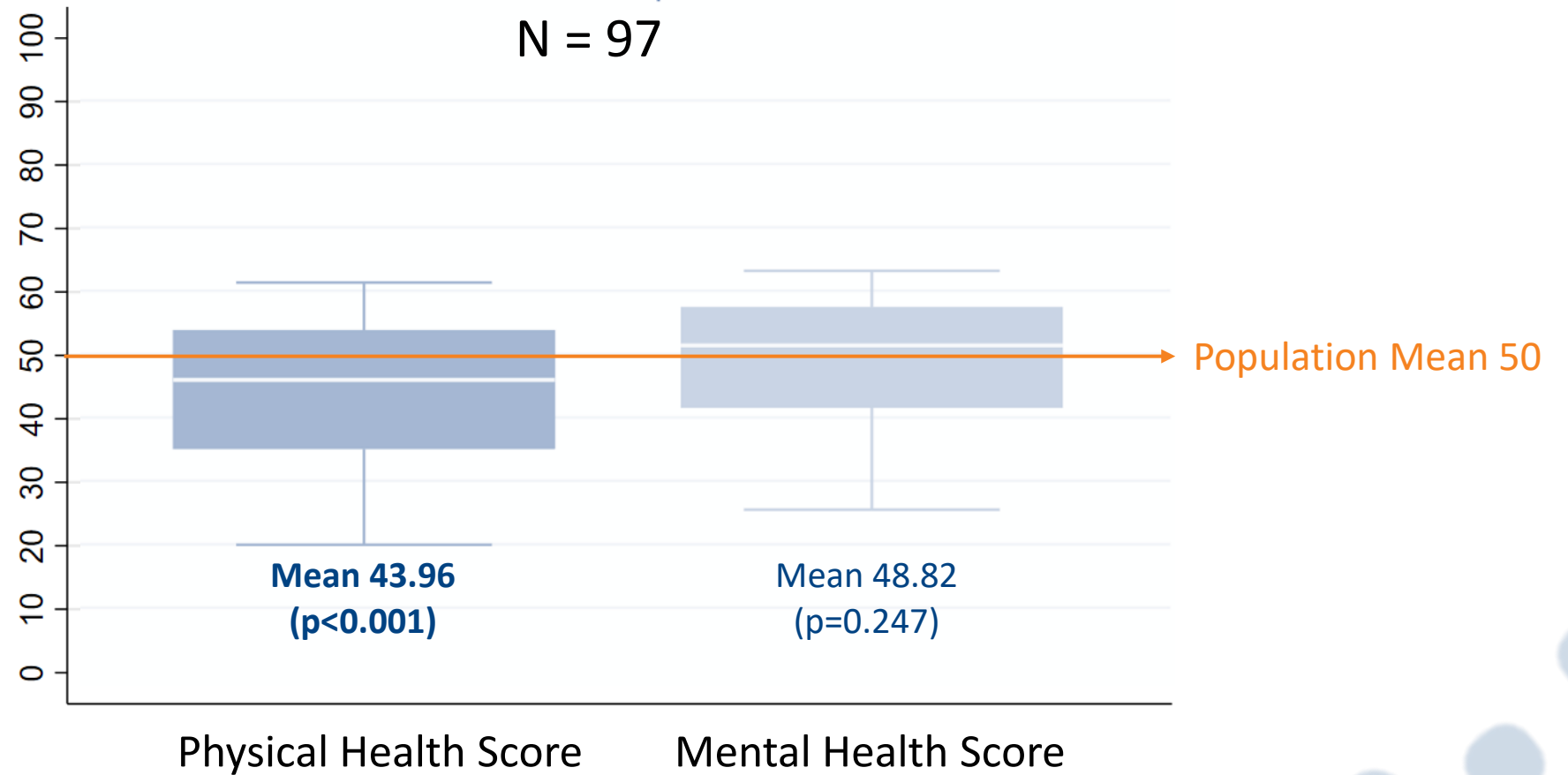
No limitations (76)

Some limitations (46)



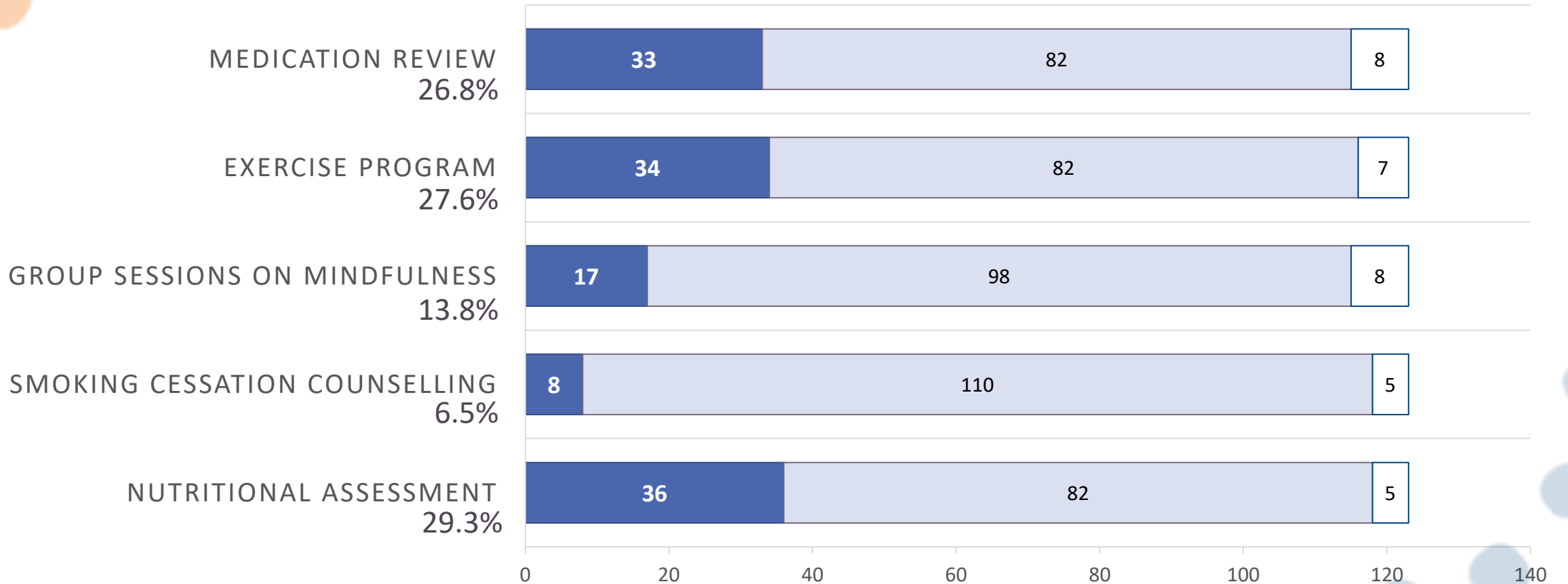
Analysis of SF12

N = 97



SELF-RATED INTEREST IN PARTICIPATING IN SPECIFIC PREHABILITATION PROGRAM

■ Yes ■ No ■ Blank





Top Questions to Ask your Surgeon



Expected perioperative
course

Risks of procedure

Pain

Return to work/activity

Possible complications



Strategies to improve
patient-centered
outcomes

Improve symptoms (ex: increase
energy, improve pain)

Prevention of complications and
recurrence

Diet and exercise recommendations



Natural history of disease,
etiology of symptoms, and
treatment options

Explanation for symptoms
and etiology

Results of workup

Limitations

- Self-reported data
- Did not obtain baseline characteristics of patients who participated
 - Pre-op, post-op or non-operative patients
 - Medical and psychiatric history, including smoking status
 - Participation in pre-habilitation program
 - Level of education
- No education provided on role and benefits of pre-habilitation

Summary



Many limited by current health

Only ¼ “Very Good” or
“Excellent” health
½ limited in their activities



Concerned about outcomes of surgery

What they can do to
improve outcomes and
quality of life



Limited interest in pre-habilitation

Least interested in smoking
cessation (6%)
Most interested in exercise
program, nutritional
assessment, and
medication review (<30%)
Concerns about privacy,
cost, time, and energy



Next steps

Patient education to
improve buy-in in our
center
Implementation of
prehabilitation



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Thank You!

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