

Time to prepare

Citation for published version (APA):

Franssen, R. F. W. (2023). *Time to prepare: Preoperative risk assessment and prehabilitation to improve resilience in patients with colon or rectal cancer*. [Doctoral Thesis, Maastricht University]. Maastricht University. <https://doi.org/10.26481/dis.20231031rf>

Document status and date:

Published: 01/01/2023

DOI:

[10.26481/dis.20231031rf](https://doi.org/10.26481/dis.20231031rf)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.

Propositions
Accompanying the thesis

Time to Prepare

Preoperative risk assessment and prehabilitation to improve resilience in
patients with colon or rectal cancer

1. In patients at high risk for postoperative complications, preoperative interventions that aim to improve the patient's resilience might be more important for improving (cancer-free) survival than an as-short-as-possible treatment interval (this thesis).
2. Effort-independent CPET variables are appealing variables to assist in preoperative risk assessment in patients approaching colorectal surgery (this thesis).
3. High-intensity interval training has the greatest potential to improve aerobic fitness within the short timeframe that is available for exercise prehabilitation (this thesis).
4. Tele-prehabilitation is well accepted and feasible in patients scheduled for colorectal surgery who are at high risk for postoperative complications (this thesis).
5. A cardiopulmonary exercise test provides an objective assessment of a patient's preoperative aerobic fitness and identifies the causes of exercise limitation: this information may be used to inform clinicians and patients regarding perioperative management (Levett et al., 2018).
6. Collaboration between (regional) healthcare providers is required for prehabilitation to be personalized and participatory, thereby making prehabilitation accessible for all patients.
7. In order to assess the outcomes of future healthcare innovations in surgery, a more holistic way of thinking, including a patient's physical fitness level, is required (de Graaf and Abu Hilal 2022).
8. Digital innovations can contribute to personalization, sustainability, and durability of future healthcare in the Netherlands (Integraal Zorgakkoord, 2022).
9. Treatment without prevention is simply unsustainable (Bill Gates).
10. I know, I don't know that much. I'm getting dumber by the year (Chef'Special, On Shoulders).