

Time to prepare

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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).