

Preoperative optimization of physical functioning in patients with colorectal cancer

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Preoperative optimization of physical functioning in patients with colorectal cancer

Aniek Heldens

Maastricht, 8 november 2019

1. There exists a significant gap between reported daily clinical practice and evidence-based recommendations concerning pre- and postoperative physical therapy for patients undergoing elective major abdominal surgery in the Netherlands: only one hospital (1.6%) reported 80% compliance with evidence-based literature. (this thesis)
2. Preoperative levels of physical fitness, functional mobility, and perceived fatigue are associated with the time (in days) to postoperative recovery of physical functioning in patients with colorectal cancer. (this thesis)
3. In patients with locally advanced rectal cancer, aerobic capacity and skeletal muscle mass were statistically significant reduced following neoadjuvant chemoradiotherapy: in ~50% of the patients, a clinically relevant reduction was observed. (this thesis)
4. The feasibility of preoperative physical exercise training during neoadjuvant treatment needs firm attention, as the completion rate of eligible patients with locally advanced rectal cancer was rather low (45%). (this thesis)
5. Cardiopulmonary exercise testing (CPET) is an important clinical tool to evaluate preoperative aerobic capacity and accurately predict postoperative outcomes in patients undergoing major abdominal surgery.
6. Prehabilitation can improve physical fitness before major abdominal resection, leading to a significant decrease in postoperative complications when targeted at high-risk patients.
7. The context, content, execution and results of prehabilitation programs in the scientific literature are heterogeneous, and in- and exclusion criteria for patients are diverse.
8. The transfer of knowledge from research into daily clinical practice remains challenging and the profound willingness to really change is of great importance. (valorization addendum)
9. "Be the change you want to see in the world." (Ghandi)
10. Chocolate is altijd een oplossing.