

The impact of prehabilitation and increased post-operative physiotherapy care on Complex Colorectal Cancer patient outcomes

Introduction

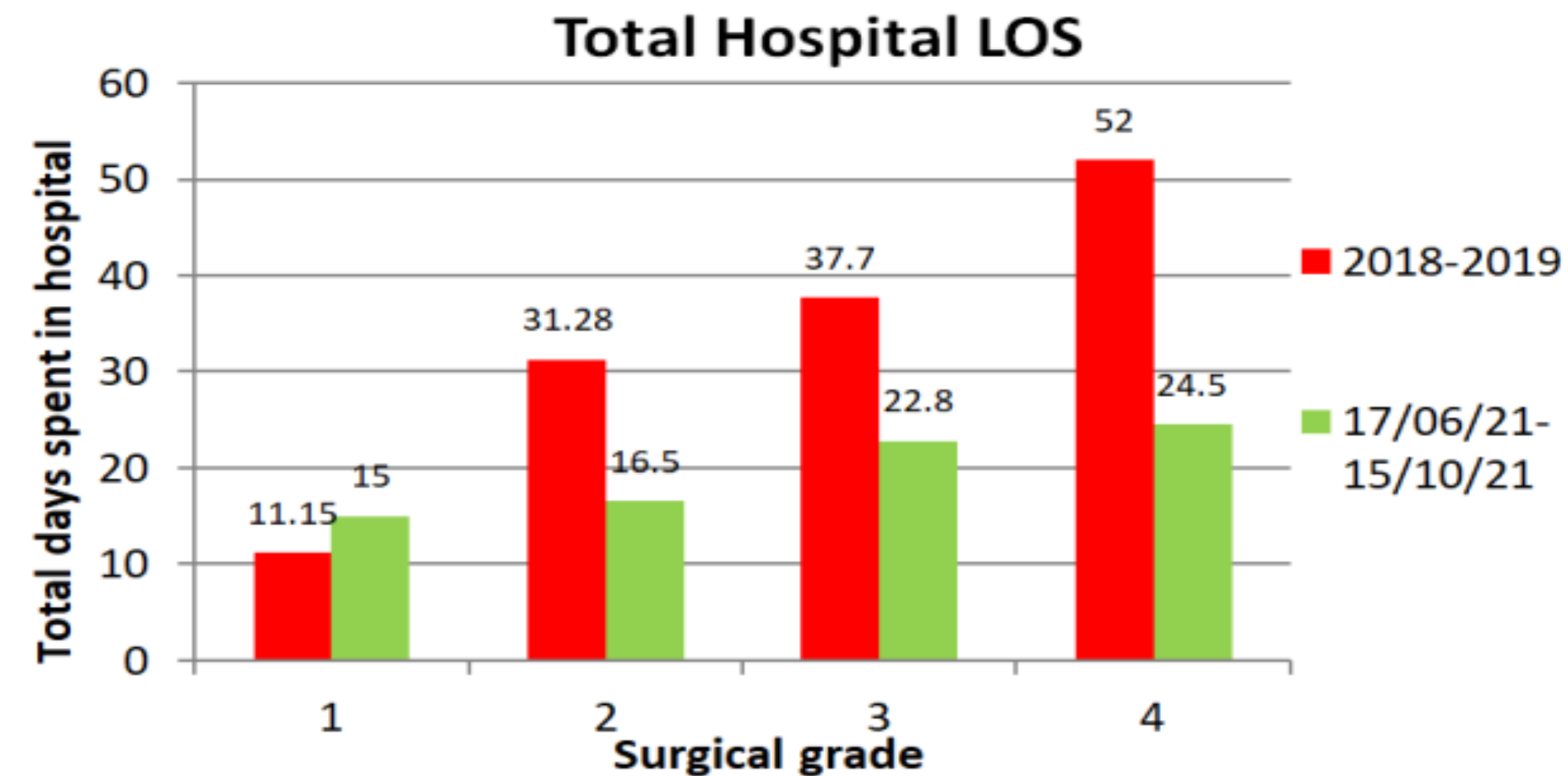
- Prehabilitation has been shown to improve functional patient outcomes and reduce hospital length of stay in colorectal cancer patients.
- Due to disease burden and intensive oncological treatment regimes, pelvic exenteration patients often have poor functional baseline pre-operatively.
- Historically, St.Mark's Complex Colorectal Cancer (CCC) team had no specialist physiotherapist for prehabilitation and ward-based care.

Aims

- This project aims to review the impact of implementing two Physiotherapists into the CCC MDT for a one year funded project to provide prehabilitation and increased ward-based physiotherapy to the CCC patients at St.Mark's Hospital.

Methods

- Three pre-operative physiotherapy appointments are offered per patient and a range of functional and QOL outcome measures are collected.
- Postoperative inpatient specialist physiotherapy continues until discharge with two further virtual appointments post-discharge.
- Data including hospital LOS, ICU LOS and physiotherapy contacts are compared to retrospective data collated in 2018-2019 (N = 66).



Grade	Surgical Grade Definition
1	Laparoscopic ELAPER / TME / PPE
2	Open TME / TPE / ELAPER
3	Visceral resection + distal sacrectomy (below S2) +/- ELSIE
4	Visceral resection + high sacrectomy (S2 & above)

Results

Prehabilitation data:

- An average increase of 5 stands in 30 second STS from 1st to 3rd appt.
- Average improvement in GODIN leisure time of 25.3 points, with 2/3 patients increasing from 'sedentary' to 'moderately active' or 'active'
- Average improvement in Duke Activity Scale Index (DASI) of 8.2, with over 75% (N = 25) having a score of >34 at final appt.

Post op data:

- An average reduction of in hospital length of stay of 13 days (N = 22) compared to 2018 data (N = 66).
- An increase from an average of four inpatient physiotherapy contacts per week (2018) to eight.

Conclusion

With 8 months left of this project, we hope these promising results continue.