

## [Prehab before Rehab...? Apple Clinic 4U](#)

### [WOSSA Abstract 2023](#)

[Mactier M, Al-Shaye A, Wilson-Roy L, Moug S](#)

#### Background:

Prehabilitation aims to improve patients' physical and psychological capacity and improve treatment outcomes, with fewer post-operatively complications after elective colorectal surgery demonstrated in a recent RCT. Apple Clinic 4U, founded in June 2023, offers individualised prehabilitation programmes for patients in NHS Clyde undergoing elective colorectal surgery.

#### Aim:

To review patient outcomes following prehabilitation at Apple Clinic 4U

#### Methods:

Patients were identified by colorectal consultants and specialist nurses from NHS Clyde and referred directly to the Apple Clinic 4 U. Baseline psychological and physical health was assessed, and a individualised prehabilitation programme was devised for each patient. Programmes were accessible via the Apple Clinic 4 U app or emailed PDF, and supported by weekly consultations with a Cancer Rehab specialist. The same assessment was repeated after prehabilitation, before surgery. A follow up patient questionnaire was conducted via email after surgery.

#### Results:

12 patients completed the programme between June-August 2023. Time from referral to surgery varied (1-10 weeks), and the median number of sessions completed was 4.5 (range 1-8).

#### Before prehab:

- 13.6 sit-stand repetitions in 30s (n=1 required assistance)
- 555.7m walked in 6 minutes (n=1 unable to complete the task)
- 8.7s timed 'up and go'
- 34.9kg handgrip strength
- Median frailty score 2 (1-6)

#### After prehab:

- 15.4 sit-stand repetitions (*no patients requiring assistance*)
- 580m walked in 6 minutes
- 7.8s timed 'up and go'
- 35.9kg handgrip strength
- Median frailty score 1.5 (1-4)

Patient feedback was very positive - 90% gained better understanding of how to manage and recover from their treatment, and 80% agreed prehabilitation supported their post-operative recovery.

#### Conclusion:

Individualised prehabilitation programmes improve patient preparation for surgery and post-operative recovery. More evidence with expansion to other cancer patients will demonstrate improved effect.

#### References:

Molenaar CJL et al. Effect of Multimodal Prehabilitation on Reducing Postoperative Complications and Enhancing Functional Capacity Following Colorectal Cancer Surgery: The PREHAB Randomized Clinical Trial. *JAMA Surg.* 2023;158(6):572–581. doi:10.1001/jamasurg.2023.0198