pple Clinic 4U' Prehabilitation Program Current Insights

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INTRODUCTION

Prehabilitation is a process comprised of single or multimodal interventions targeting nutrition, exercise and mental wellbeing to prepare and enhance their ability to cope with treatment[1]. There are numerous studies that have explored the potential benefits of prehabilitation with some evidence pointing towards improvement in post operative complications[1].

Apple Clinic 4U was founded by Prof Susan Moug and Ludovic Wilson-Roy in June 2023 to facilitate targeted prehabilitation for cancer patients undergoing surgery[2]. The team is comprised of specialists cardiovascular and prehabilitation health coaches which work alongside the

METHODS

individualised programs of exercise, psychological support, and improved nutritional habits[2].
Demographics and health factor data were collected alongside a variety of physical, mental, and nutritional measures pre and post prehabilitation. Following the pilot study at the Beatson, patients undergoing medical oncology (medical) treatment were also included. Patient were also invited to complete a survey via the Apple Clinic 4 U app and Microsoft Teams Forms. The clinic data for surgical and medical care patients were anonymised, collated and statistically analysed using R Studio statistical software and excel and the surveys

REFERENCES

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3. https://openclipart.org/image/2400px/svg_to_png/23724/Anonymous-Flag-of-the-WHO-World-Health-Organization.png#
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RESULTS

Figure 1: P-value results for each of 6 measured outcomes indicating statistically significant improvement in all metrics apart from grip strength in medical cohort

	Surgical	Medical
Total	63	22
Average age	65.62	62.62
Male / female	40 / 23	13 / 9
Employed	25 (40%)	7 (32%)
Bowel cancer	59 (94%)	19 (86%)
Weeks of (average)	4.24	12.68
Number completing prehab	61 (97%)	19 (86%) (*3 'ongoing'*)
Number of sessions (average)	4.28	9.68

Figure 2: Demographic and attendance data for surgical and medical patients

'POSITIVE'

'SUPPORTIVE'

CONCLUSION

- Clear improvement in most measured variables for patients attending Apple Clinic 4 U
- Some correlation between the number of prehabilitation sessions and health self-scores
- More data is required to determine correlation between number of prehab sessions and outcomes

We would like to thank everyone who has contributed to the running or this program, as well as all our funders, including the Beatson Cancer Charity, for their support in funding the Beatson pilot work.