

The effect of prehabilitation on long-term survival and hospital admissions in older patients undergoing elective colorectal cancer surgery

“Long-term effects of prehabilitation on survival or hospital admissions have not been investigated yet”



223 patients ≥ 75 years
elective CRC surgery



Six-year follow-up



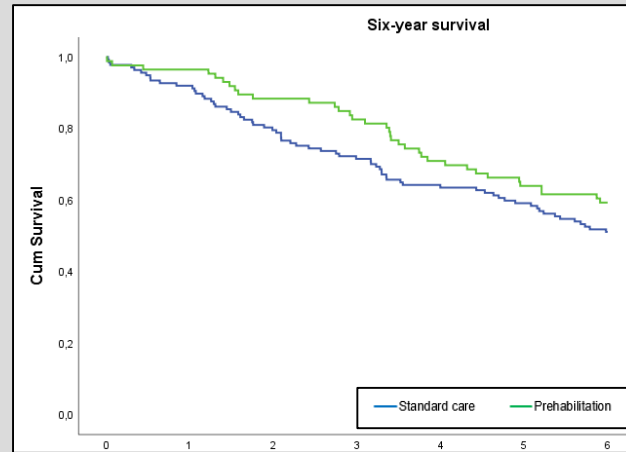
Prehabilitation
n=86



Standard care
n=137



Similar patients, tumor and
treatment characteristics



Six-year survival

Prehabilitation

59.3%

Standard care

51.1%

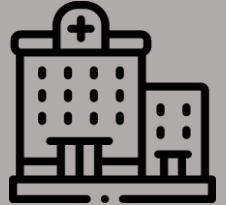
(p=0.167)

Hospital admissions at six years

	Prehabilitation	Standard care
No admission (%)	43%	24.8%
≥ 1 admission (%)	57%	75.2%

Prehabilitation vs standard care
 ≥ 1 admission

Odds ratio 0.43 (95% CI 0.24-0.77)



“Comparable long-term survival, however lower long-term admission rates after prehabilitation”