



Room for improvement:

- ↑ Awareness health & lifestyle
- ↑ Personalised programme
- ↑ Advise healthy diet
- Fit After Surgery programme

Prehabilitation



N = 11
56-81 years
CCI 0-5

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ATLAS.ti
QUALITATIVE DATA ANALYSIS

- 1 Health & Lifestyle**

"Uterine cancer has nothing to do with a healthy lifestyle"
- 2 Expectations**

"Due to the programme, I thought I would be fitter going into surgery and recover faster"
- 3 Motivation**

"I will try it if it can contribute to my recovery. So not with an noble thoughts, because it is also just a matter of survival."
- 4 Experiences**

Exercise
"I immediately noticed a difference after one week, even though I only went once. I did start walking every day."

Nutrition
"I now pay attention to my protein intake. Then I think, I still fall short sometimes"

Mental health
"I believe that now, I would benefit more from psychological support than before the surgery"

Intake
"I expected a significant level of professionalism from the provider, who can clearly explain what we are going to do and measure"
- 5 Improvements**

"You come home, and then there is nothing"

"it is difficult to continue exercising without guidance"
- 6 Influences on daily lifestyle**

"Watching what I eat. For example, I don't drink soft drinks anymore, I don't eat crisps anymore"

"Previously when thinking about exercise, I just thought those poor smelly people. But now, now I really enjoy it."

Most
 Multiple
 Few

Results are varying, quotations show remarkable opinions representing the general opinion