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would expect for our own families*

The Royal Bournemouth and  
Christchurch Hospitals  
NHS Foundation Trust



**EDICT: A feasibility trial to examine whether a prehabilitation exercise programme may help to prevent post-operative complications for patients with colorectal cancer.**

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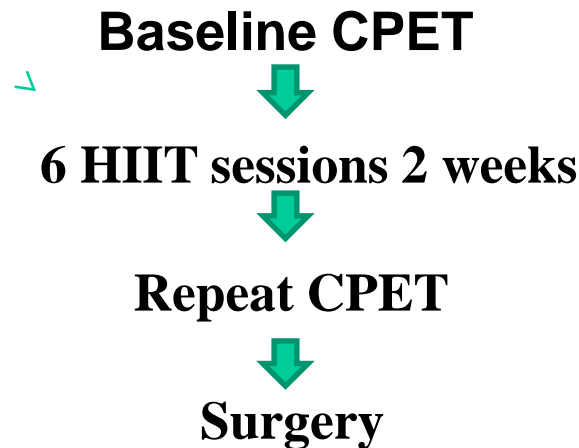
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## Introduction

- >25,000 major surgical resections
- >8% require organ support in ITU/ HDU
- Less fit → More complications
- Can we train people?
- Will we prevent complications?



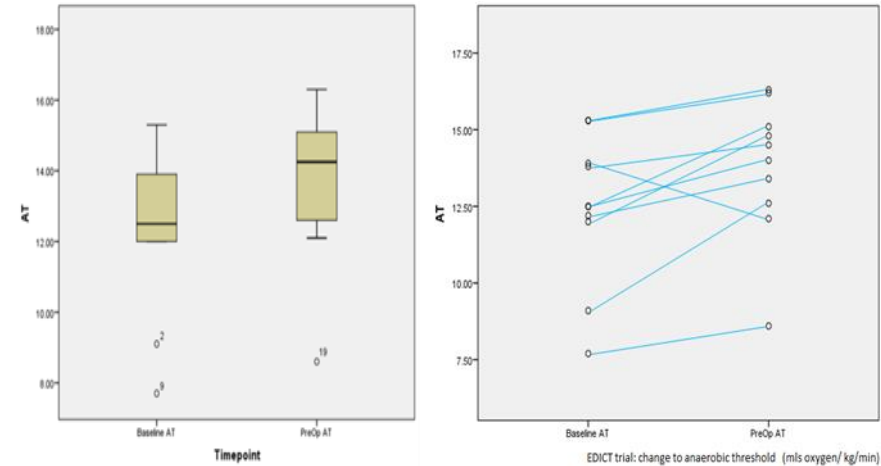
## Methodology



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# Results

- Safe and feasible
- Approach : Recruitment  
45 : 23 (51%)
- Exercise adherence >90%
- Change AT +1.33ml/kg/min 95%CI +0.31,+2.34;P,0.016



# Discussion

- Prehabilitation effect in straight to surgery group
- Single arm, small population
- Key factor in NHS funded STP cancer transformation bid to rollout prehabilitation £2.1 million

