

# CANCER PREHABILITATION

Dra. Kenza Mostaqim



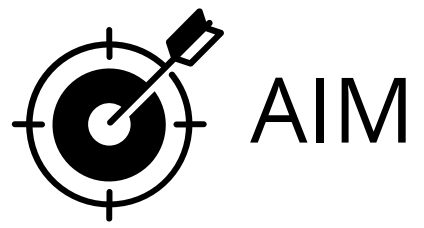
prehabilitation

*"a process on the cancer continuum of care that occurs **between** the time of cancer **diagnosis** and the beginning of **primary treatment**, and provides **interventions** that promote health to **reduce** the incidence and/or severity of **future impairments**"*



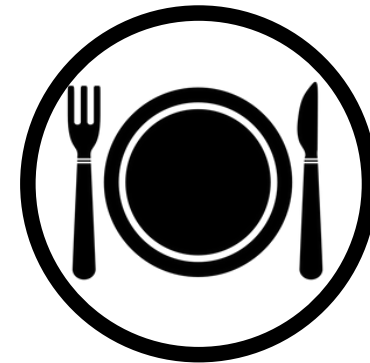
# The effect of prehabilitation in cancer patients: a systematic review and meta-analysis

Lahousse A, Mostaqim K, Roose E, Nijs J, Beckwee D, Demunter S, Ghijssels H, Rheel E, Leysen L



the effect of

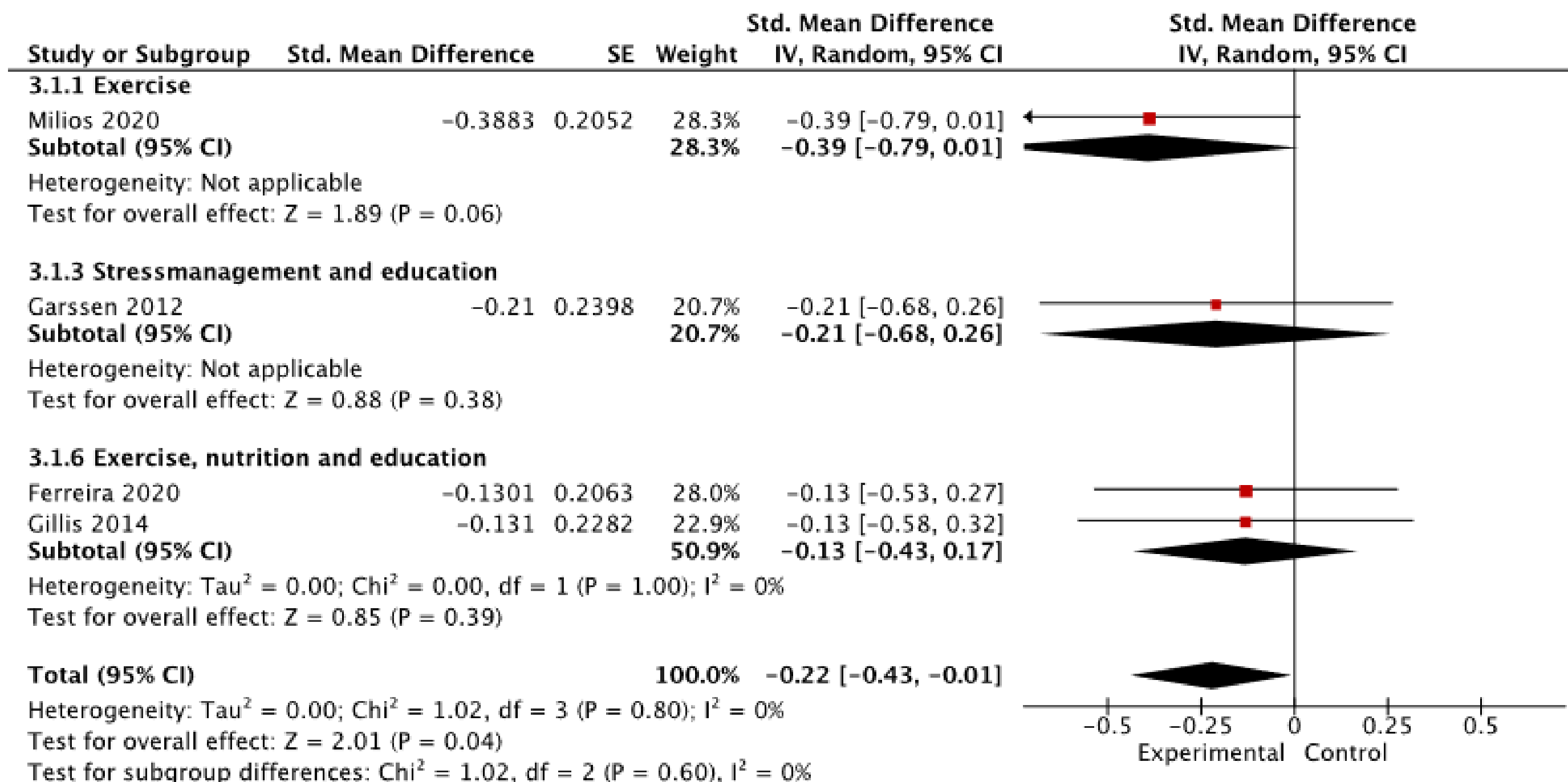
**prehabilitation**



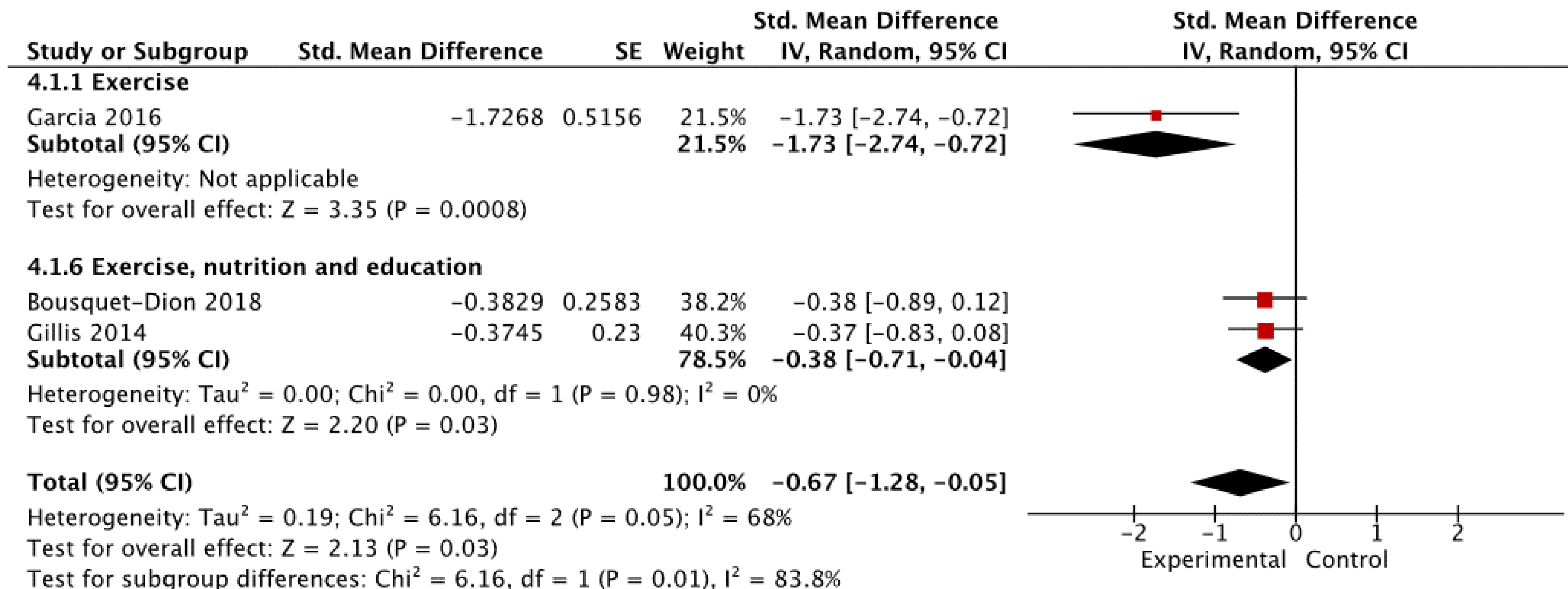
in patients with breast, colon, lung or prostate **cancer**

on **biopsychosocial** outcomes

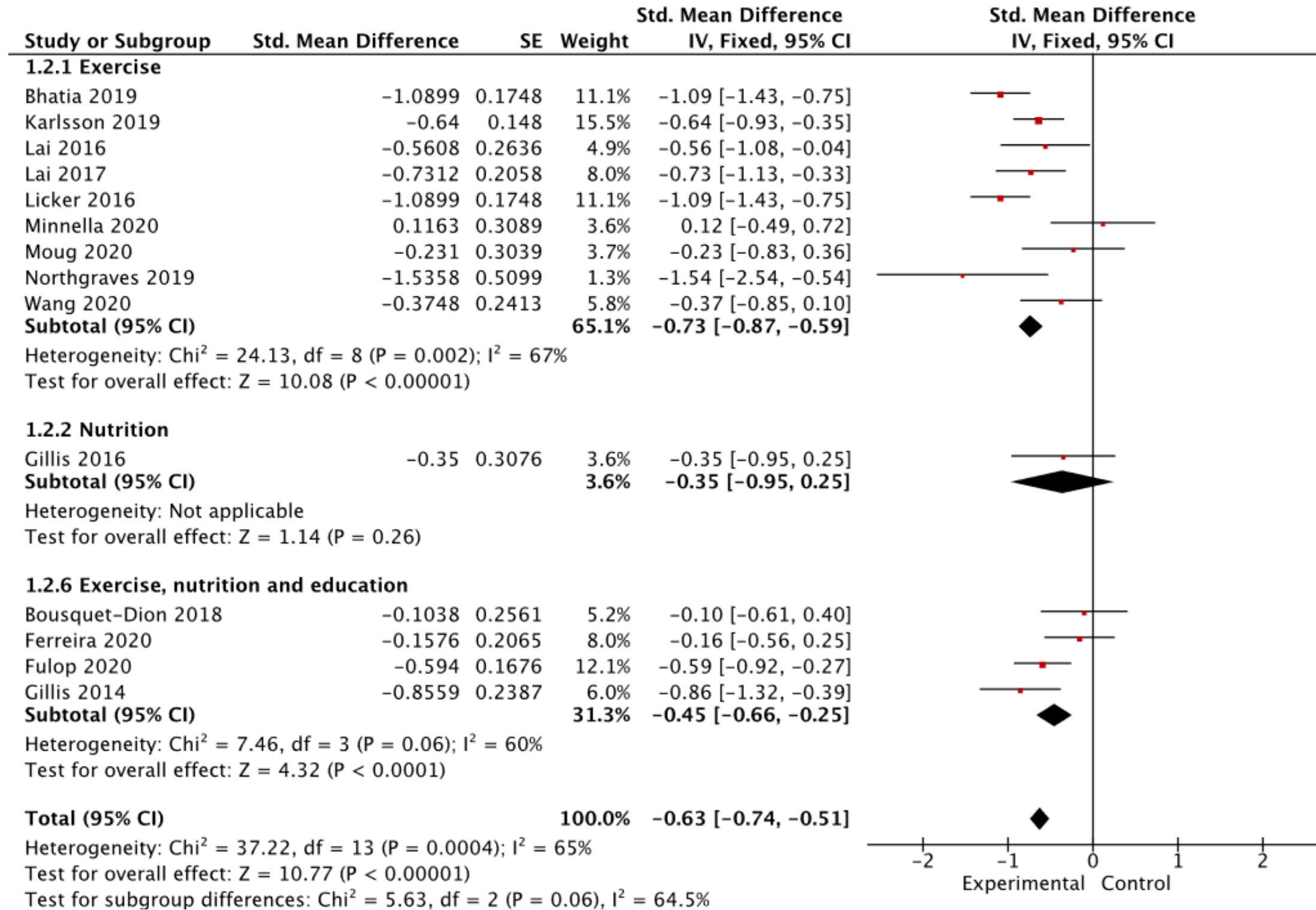
## Quality of life one month after cancer treatment



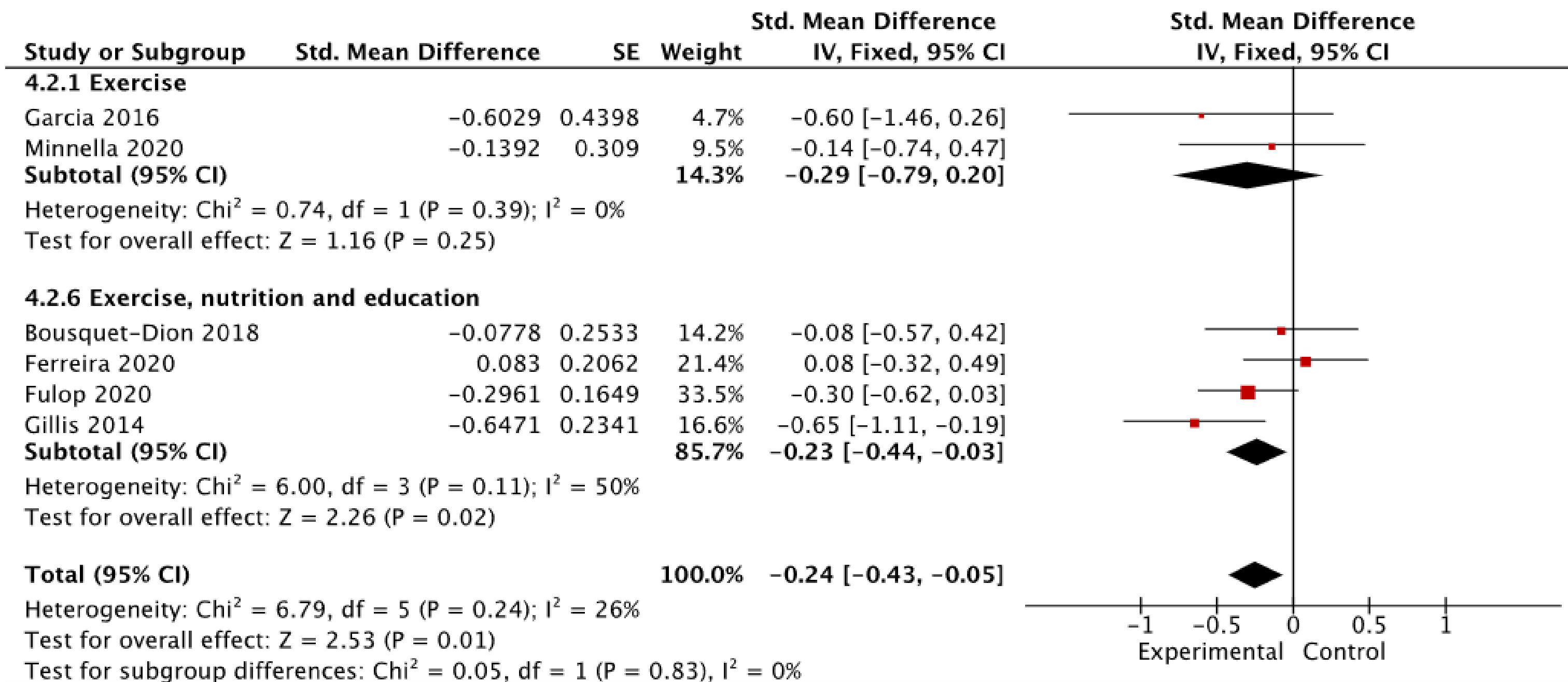
## Physical activity more than one month after cancer treatment



# Walking distance before cancer treatment

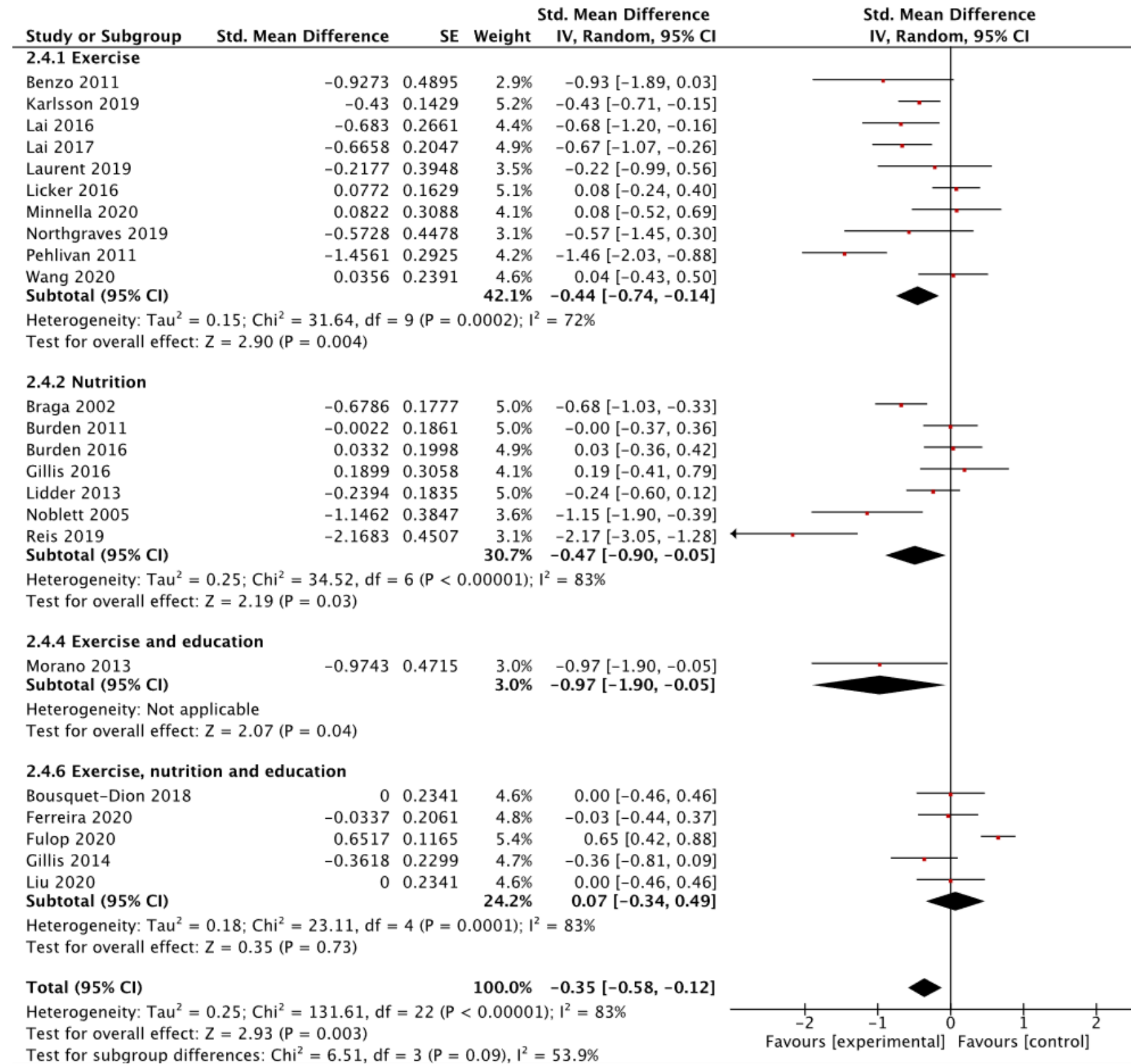


## Walking distance more than one month after cancer treatment

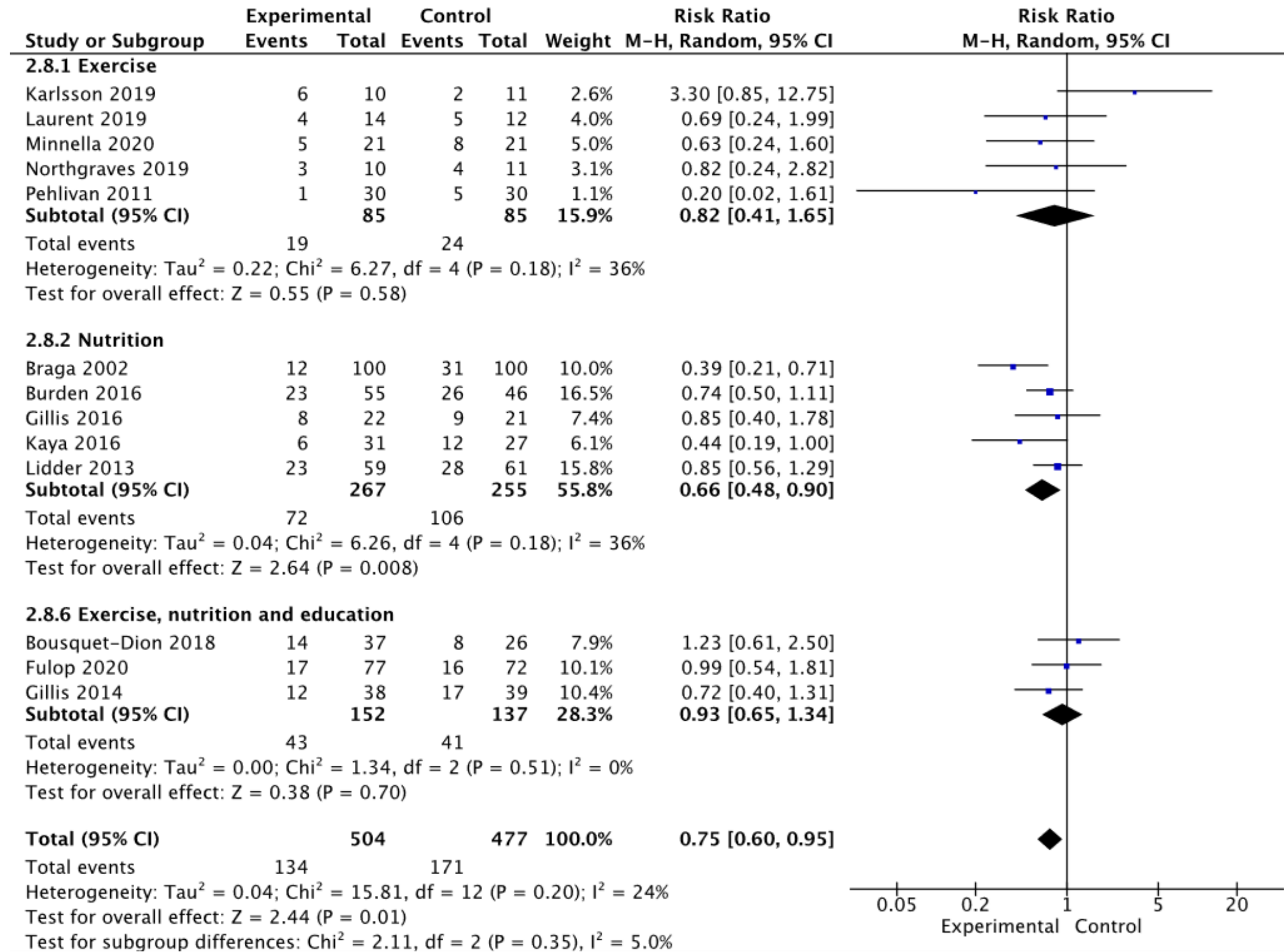




# Post-operative length of stay





## Post-operative complications



✓ **Favorable** effect on biopsychosocial outcomes

Preserving 

Improving  & 

Reducing 

➔ Optimize outcomes at every step of the recovery process 



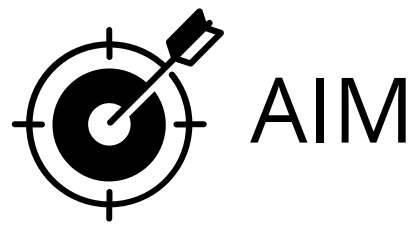
# FUTURE RECOMMENDATIONS



- ➔ Challenging due to constrained time
- ➔ More RCTs for composition & length of prehabilitation program
- ➔ Patient-centered approaches for compliance and effectiveness

# Patient-centered breast cancer teleprehabilitation: a feasibility study

Mostaqim K, Nijs J, Huysmans E, Fontaine C, Vanhoeij M, Timmermans A, Deliëns T, De Jonge E, Van Hoecke J, De Couck M, Polastro L, Lamotte M, Cuesta Vargas A, Mouton O



**feasibility, treatment adherence, and safety** of **patient-centered teleprehabilitation** for patients undergoing **breast** cancer surgery

**patient satisfaction** with teleprehabilitation and the extent to which it **meets** the **needs** of the **breast** cancer patient



Lack of/misunderstood **information**

Lack of **patient-centeredness**

**Transportation** to the hospital





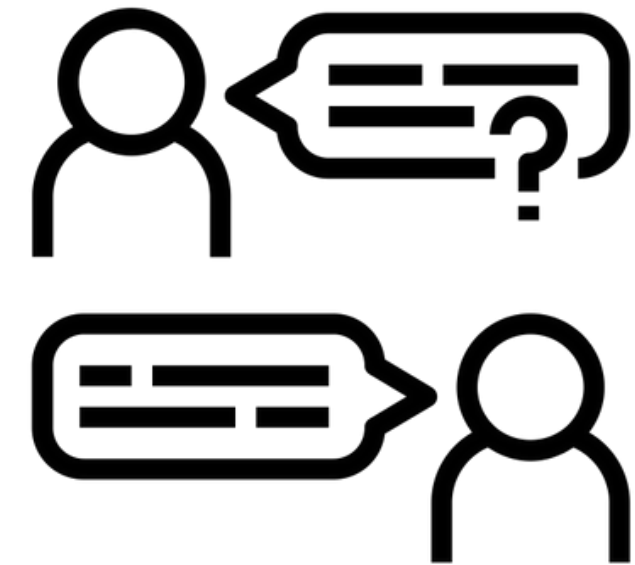
## "Patient-centered teleprehabilitation"



- ✓ Reduced travelling barriers
- ✓ Flexible treatment hours
- ✓ Increased access to care
- ✓ Reduced socio-economic barriers

Motivational interviewing

*"patient-centered, collaborative communication strategy"*





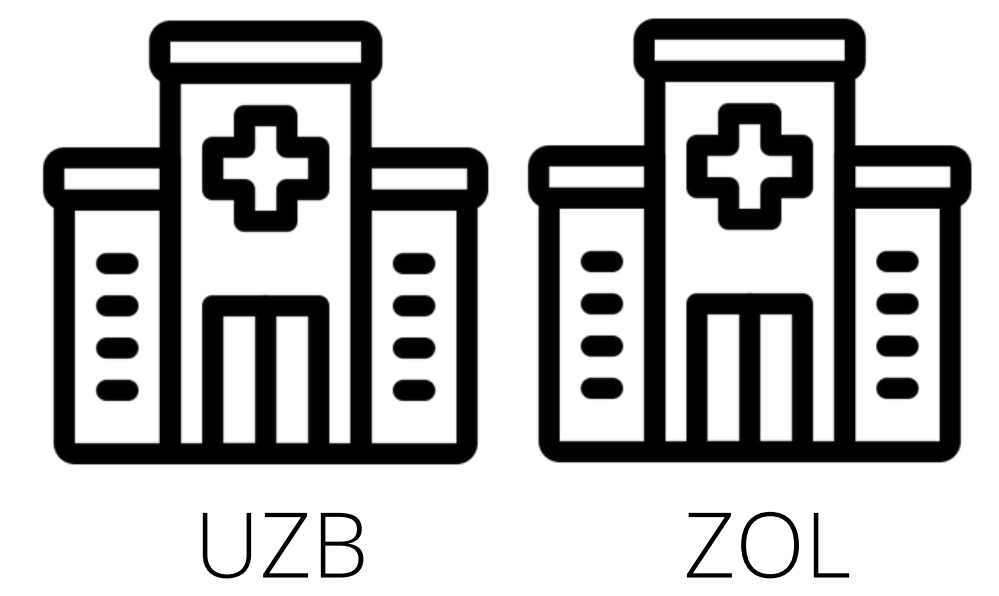


# PARTICIPANTS



50 participants

- ✓ breast surgery because of stage I-III breast cancer
- ✗ medical contra-indication for physical activity



education + exercise therapy + stress management



motivational interviewing



## TAKE HOME MESSAGES

**Promising** new multimodal approach

**Favorable effects** on biopsychosocial outcomes

More research for optimal **composition** & **length** of prehabilitation is needed

Programs **tailored** to the **patient's needs** are essential



# THANK YOU

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# OUTCOME MEASURES



## **Primary** outcome measures

- Participation rate
- Patient satisfaction
- Intervention safety
- Treatment adherence
- Feasibility
- Reasons for not wanting to participate



## **Secondary** outcome measures

- Fatigue
- Pain
- Quality of life
- Self-efficacy
- Medical consumption

