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### ASO Visual Abstract

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## **ASO Visual Abstract: Improved Postoperative Outcomes After Prehabilitation for Colorectal Cancer Surgery in Older Patients: An Emulated Target Trial**

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This study (<https://doi.org/10.1245/s10434-022-12623-9>) aimed to assess the effect of a multimodal prehabilitation program on perioperative outcomes in colorectal

cancer patients using an emulated target trial design. The study identified potential benefits of prehabilitation in daily clinical practice.

## Improved Postoperative Outcomes After Prehabilitation for Colorectal Cancer Surgery in Older Patients

### Research question:

What is the effect of a multimodal prehabilitation program on perioperative outcomes in higher risk colorectal cancer patients?



### Emulated target trial design:

Using observational real-world data to mimic a RCT as close as possible

Usual preoperative care vs. usual preoperative care + prehabilitation

### Inclusion:

- ✓ Multidisciplinary team consultation before colorectal cancer surgery (2016-2021)
- ✓ Age  $\geq$  65 years and or ASA score III/IV

### Results:

251 patients included: median age 73 years, 40% ASA III/IV  
 > Number Needed to Treat to reduce 1 perioperative complication: **4**

- > Postoperative comprehensive complication score: **55% lower**
- > Length of stay: **2 days shorter**

### Conclusion:



The study methodology used may serve as an example for further larger multicenter comparative effectiveness research on prehabilitation.

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