

Title	Firstname	Surname	Hospital	Authors
Diabetes in the Surgical patient- place for Prehab intervention?	Roberto	Lazo-Cagigas	Medway NHS Foundation Trust	Laza-Cagigas R, Sumner D, Rampal T
Post-operative pulmonary (PPC) complications audit and implementation of the ICOUGH programme in a District General Hospital.	Victoria	Turnock	Countess of Chester Hospital, Chester, UK	Turnock V, Horton S, Yap WL
Perioperative Correlation between Timed Up and Go and 6-Minute Walking Test in patients undergoing elective oncologic surgery.	Miquel	Coca Martinez	McGill University Health Center	Miquel Coca-Martinez, Enrico M Minnella, Vanessa Ferreira, Karen Tam, Marilena Marmiere, Rashami Awasthi, Lauren Richer, Anh Thy Le Quan, Francesco Carli.
Prioritizing Health Literacy (HL) to Increase Patient Engagement in Prehabilitation: Our Experience.	Debbie	Watson	McGill University Health Centre	Watson D, Awasthi R, Guay M, Carli F
Nutritional Prehabilitation at University Hospital Southampton	Catriona	Brown	University Hospital Southampton	Brown C, Fetcher-Jones I, Edwards M, Grocott M, Levett D
Cost Outcome Analysis of the South Tees Community Prehabilitation and Wellbeing Project (PREPWELL) Exercise Intervention	James	Durrand	South Tees Hospitals NHS Foundation Trust	Durrand J, Gray J, Kensah K, Carr E, Danjoux G
Prehabilitation for port films: pelvic exercises may reduce sacral slope variability during radiation therapy	Jennifer	Baima	University of Massachusetts, USA	Baima J, O'Loughlin L, Lukez A, Moni J, Ma Y
Exploring the feasibility of incorporating a structured one-on-one psychological intervention within a Prehabilitation program	Meagan	Barrett-Bernstein	Montreal General Hospital	Barrett-Bernstein M, Gamsa A, Tourian L, & Carli F.
Success rates for smoking cessation from a pre-assessment clinic	James	Prentis	Freeman Hospital	Prentis J, Doherty H, McCone E, Seery L, Snowden C
Is a digital platform a feasible intervention for surgical patients with low patient activation scores?	Lucy Emma	Walton	Freeman Hospital, Newcastle	Walton E, McCone E, Guilloteau E, Snowden C, Prentis J
Evaluation of The effectiveness of an exercise prehabilitation intervention in autologous stem cell transplant candidates	Travis	Hall	Peter MacCallum Cancer Centre	Hall T, Edbrooke L, Murnane A, Quinn S, Joyce T, Khot A, Denehy L, Kotowicz-Samaranayake E, Traill A
Hand grip strength (HGS) is only weakly related to cardiopulmonary exercise test (CPET) variables in preoperative patients.	James	Hilton	Medway NHS Foundation Trust	Rampal T, Hilton J, Laza-Cagigas R, Sumner D
Prehabilitation: The fitness programme, what it needs to deliver for the people of Sheffield.	Karen	Kerr	Sheffield Teaching Hospitals	Kerr K,
Health ImProvement and Optimisation Project – preop HIP-OP	Emma	McCone	Freeman Hospital	McCone E, Telford G, Timms G, Guilloteau E, Snowden C, Prentis J
Relationship between preoperative physical performance and postoperative outcomes on the micro and macro level	Elisabeth	Rydwik	Karolinska Institutet/Karolinska University Hospital	Rydwik E, Karlsson E, Egenvall M, FranzÅn E, Nygren-Bonnier M, Farahnak P, Bergenmar M

Program Evaluation of a Multimodal Program for Allogeneic Hematopoietic Stem Cell Transplant Patients	Encarna	Camacho	Princess Margaret Hospital	Camacho E, Santa Mina D, Mayo S, Lipton J, DeSouza L, Currie S
Sarcopenia in lung cancer: could chest imaging help?	Jennifer	Baima	University of Massachusetts Medical System	Baima J, Schipani E, Kamran W, McIntosh L, Uy K, Varlotto J, Powers M, Most M, Tersoo-Ivase M
Preoperative Cardiopulmonary Exercise Testing (CPET) in Wales - A National Survey	Rachel	Scale	University Hospital of Wales, Cardiff	Scale R, Carey-Jones S, Adamson M, Davies R, Evans H, Appadurai I
Association between preoperative anaemia, blood transfusion rates and outcomes after primary joint arthroplasty	James	Prentis	Freeman Hospital, Newcastle Upon Tyne NHS Trust	Prentis J, Wariyer R, Francis N, Timms G, Snowden C
Does Multimodal Prehabilitation Attenuate Chemotherapy-related Cardiovascular Dysfunction in Women with Breast Cancer?	Priya	Brahmbhatt	Princess Margaret Cancer Centre	Brahmbhatt P, Goodman J, Bonsignore A, Bernstein L, Wright F, Santa Mina D
A collaborative project to co-design a prehabilitation program for people with gastrointestinal cancer receiving chemotherapy	Natalie	Harris	The Royal Marsden NHS Foundation Trust	Harris N, Sandsund C, Shaw C, McKeown C
Implementation of an IV iron service in a major tertiary referral centre. Does it improve preoperative hemoglobin levels and what is the optimal timing?	Lucy	Walton	Freeman Hospital	Walton L, McCone E, Prentis J, Snowden C
Effectiveness of a short-term Mindfulness-based intervention in reducing anxiety and depression in a multimodal prehabilitation program	Marta	Corcoy	Hospital del Mar (Barcelona, Spain)	Corcoy M, Sadurni M, Badosa G, Rodriguez-Cosmen C, Bande D, Oliver M, Cierco A, Vallacs J
A teachable moment in lung cancer care: smoking cessation advice as part of a prehabilitation program	Jesal	Gohil	Royal London Hospital, Barts Health NHS Trust	Gohil J, Sundaralingam A, Ricketts W M, Lau K, Myers Smith K, Mcalpine K, Desai S, Ladmore D,
Effect of progressive resistance training on persistent pain after axillary dissection in breast cancer a randomized controlled trial	Gunn	Ammitzboell	Danish Cancer Society Research Center	Ammitzboell G, Geving Andersen K, Envold Bidstrup P, Johansen C, Lanng C, Kroman N, Zerahn B, Hyldegaard O, Wreford Andersen E, Oksbjerg Dalton S
Improving the Recognition and Treatment of Preoperative Anemia can decrease the incidence of admission anemia within an ERAS programme.	Kelly	Mayson	Vancouver Hospital, Vancouver B.C. Canada	Mayson K, Trudeau J
A pilot prehabilitation programme for patients undergoing major surgery in three specialty cancer groups.	Rachel	Brown	The Royal Surrey County Hospital NHS Foundation Trust, Guildford, UK	Brown R, Penniford A, Mcnamara H, Porter N, Johnston P
Non-supervised prehabilitation in the elderly	Jesus	Carazo	Hospital del Mar - Parc de Salut MAR	Carazo J, Benatez-Cano A, Nohales G, Romero I, Sadurna M, Corcoy M
Pre-habilitation: text message-based coaching programme for pre-operative lifestyle management in patients with obesity.	Natalie	Smith	The Wollongong Hospital	Smith N, Kulinski K

Is supervised home-based exercise feasible for older adults prior to colorectal cancer surgery?	Emelie	Karlsson	Karolinska Institutet, Department of Neurobiology, Care Sciences and Society, Division of Physiotherapy, Huddinge, Sweden	Karlsson E, Farahnak P, Franzacón E, Nygren-Bonnier M, Dronkers J, van Meeteren N, Rydwik E
Impact of a prehabilitation program on Quality of Life (QoL)	David	Bande	Hospital del Mar	Bande D, Sadurni M, Rodriguez C, Corcoy M
The impact of a 2-week pre-operative exercise programme on patients awaiting primary surgical resection of colorectal cancer	Steven	Williams	The Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust	Williams S, Hickish T, Purandare L, Bates A
Development of a mobile application to improve fitness of patients with obesity before surgery	Natalie	Smith	The Wollongong Hospital	Smith N, Qjan S, Bliokas V, Probst Y, Peoples G, Amirghasemi M, Perez P, Cui T, Song T, Yu P,
Preoperative upper limb strength increases with multimodal prehabilitation	Anh	Thy Le Quang	Montreal General Hospital, Department of Anesthesia, McGill University Health Center, Montreal, Canada	Thy Le Quang A, Awasthi R, Coca-Martinez M, Ferrira V, Minnella EM, Carli F
Usability of "Beter Voorbereid 1.0": a preoperative eHealth application.	Marjoke	Kruisselbrink	University Medical Center Utrecht	Kruisselbrink M, van der Leeden M, Gelejin E, van der Velde M, Valkenet K
Preventing functional decline in allogeneic BOne marrOw tranSplanT: the BOOST study; preliminary feasibility data and characteristics.	Shaza	Abo	Royal Melbourne Hospital	Abo S, Ritchie D, Panek-Hudson Y, Irving L, Denehy L, Granger C
High Intensity Interval Training in the context of multimodal prehabilitation protects colorectal cancer patients from losing lean body mass after surgery	Marilena	Marmiere	McGill University Health Centre	Marmiere M, Thy Le Quang A, Ferreira V, Tam K, Richer L, Coca-Martinez M, Awasthi R, Minnella EM, Carli F
Effects of prehabilitation on in-patient step counts after major abdominal surgery for gastrointestinal cancer: Study methodology	Rachel	Aitken	University Health Network/Sinai Health System	Aitken R, Santa Mina D, Alibhai S M.H, Hunter J, McLeod R, Brar S, Queresby F, McCart A, Govindarajan A
Preoperative High Intensity Interval Training in patients scheduled for colorectal and thoracic surgery: The PHIIT trial	Jonathan	Moran	St. James's Hospital, Dublin, Ireland	Moran J, Guinan E, Costello S, Powell C, McCormick P, Larkin J, Mehigan B, Young V, Moriarty J
Are patients with severe valve disease scheduled for valve replacement suitable for prehabilitation programs?	Mar	Montane Muntane	Hospital Clinic de Barcelona	Montane Muntane M, Navarro-Ripoll R, Arguis M J, Lopez-Hernandez A, Gimeno-Santos E, Lopez-Baamonde M, Martinez-Palla G

In-hospital resistance training: the next step in the prehabilitation process	Vanessa	Ferreira	Montreal General Hospital	Ferreira V, Schram A, Awasthi R, Minnella EM, Carli F, Scheede-Bergdahl C
Frequency and severity of sarcopenia and physical function in a cohort of surgical prehabilitation patients	An	Ngo-Huang	University of Texas MD Anderson Cancer Center	Ngo-Huang A, Herbert A, Fontillas R, Parker N H, Naveen G, Dibaj S, Guo Y, Shin K Y, Katz M G.H, Bruera E
Prehabilitation in patients 'unfit' for Abdominal Aortic Aneurysm Surgery	Sarah K	Taylor	James Cook University Hospital	Taylor S.K, Carr E, Danjoux G
COULD A WEB-BASED LIFESTYLE INTERVENTION USED IN PATIENTS WITH CORONARY HEART DISEASE BE SUITABLE FOR PATIENTS PRE SURGERY?	Nikki	Gardiner	University Hospitals of Leicester NHS Trust	Gardiner N, Singh S
Multimodal prehabilitation improves insulin response to glucose load in prediabetic colorectal cancer patients	Vanessa	Ferreira	Montreal General Hospital	Ferreira V, Minnella EM, Carli F, Scheede-Bergdahl C
Prehabilitation in older patients awaiting CABG surgery - Effects on hemodynamics, functional capacity and quality of life.	Carolin	Steinmetz	Kerckhoff-Klinik GmbH	Steinmetz C, Walther C, Baumgarten H, Bjarnason-Wehrens B, Walther T, Mengden T
INDIVIDUALIZED TRIMODAL PREHABILITATION REDUCES LENGTH OF STAY IN LOW ANTERIOR RECTAL RESECTION AFTER NEOADJUVANT THERAPY.	Marc Sadurni	Sarda	Hospital del Mar	Sarda MS, Corcoy M, Bande D, Rodrigues C, Rivera P, Romain L, Marco E, Jimanez M, Vallacs J
Co-designing a Pre-rehabilitation Intervention: Head & Neck Patients Want and Need Input Before Diagnosis	Alison	Dinham	Guy's and St Thomas' NHS Foundation Trust	Dinham A, Dhesi J, Oakley R, Jones J, Peat N, Ramdharry G, Jones G D
A pilot survey of attitude towards prehabilitation components in the context of global health knowledge among senior citizens	Magdalena	Lasinska-Kowara	University Clinical Centre, Medical University of Gdansk	Lasinska-Kowara M, Zdun-Ryzewska A, Wika A
Prehabilitation in elderly patients undergoing cardiac surgery (PrEPS): A randomised controlled trial.	Michelle	Bardgett	South Tees NHS Foundation Trust	Badgett M, Akowuah E, Maier R, Kasim A, Harrison S, Hancock L, Hancock H
Study protocol to examine the effect of perioperative exercise on physical, clinical and psychological outcomes in lung cancer patients	Shauna	Malone	Mater Misericordiae University Hospital	Malone S, Kehoe B, Loughney L, McCaffrey N, Redmond K, Moyna N
The Impact of a Perioperative Medicine Programme on postoperative outcomes of Urological Patients.	Imogen	Fecher-Jones	University Hospital Southampton NHS Foundation Trust	Fecher-Jones I, Edwards M, Otto J, Levett D, Grocott M
Navigating the whirlwind: self-efficacy in colorectal patients receiving surgical therapy.	Matthew	Schulz	Montreal General Hospital, Montreal, Canada	Schulz M, Carli F
Safety and feasibility of Prehabilitation to Improve Cancer Surgery Outcomes in adolescents and young adults newly diagnosed with Extremity Sarcomas (PICaSO-ES): A pilot randomized controlled trial	Scott	Adams	Princess Margaret Cancer Centre	Adams S, Gupta A, Wunder J, Ferguson P, D'Agostino N, Sabiston C, Griffin A, Govindarajan A, Santa Mina D

Establishing a prehabilitation exercise service for patients in a national cancer centre	Sarah	Moore	St James's Hospital, Dublin	Sheill G, Moore S, Murphy N, Ryan R, Reynolds J, McCormick P, Ravi N, Dowds J, Young V, Moriarty J
Protocol for the Walking to Live study. Multimodal Prehabilitation for patients with intermittent claudication awaiting endovascular revascularization.	Miquel	Coca Martinez	Gill21 Perioperative Program McGill University, Montreal, Quebec, Canada 2 Division of Vascular Surgery, Department of Surgery, McGill University, Montreal, Quebec,	Miquel Coca-Martinez ¹ , Anh Thy Le Quang ¹ , Rashami Awathsi ¹ , Francesco Carli ¹ , Heather Gill ²
The effects of a community-based pre-operative exercise programme on perceived wellbeing and quality of life in people with newly diagnosed prostate cancer: A qualitative study	Lisa	Loughney	Mater Misericordiae University Hospital	Loughney L, McGowan R, O'Malley K, McCaffrey N, Furlong B, Walsh D
Implementing a Vascular Prehabilitation Workshop: A Quality Improvement Journey	Melissa	Baldwin	Guy's and St. Thomas's NHS Trust	Baldwin M, Zucco L, Waring H, Banugo P, Bidd H
A phase 1 study examining the feasibility and effectiveness of a community-based pre-operative exercise programme for patients scheduled for neoadjuvant cancer treatment followed by surgery for oesophageal and gastric cancer.	Lisa	Loughney	Beaumont Hospital	Loughney L, Tully R, Coleman C, Hickey W, McCaffrey N, Robb W B
Preoperative home-based exercise prehabilitation in patients scheduled for liver or pancreatic resection: the first results of the PRIOR study	Laura	van Wijk	University Medical Centre Groningen	van Wijk L, Berkel AEM, Buis CI, Bongers BC, Brans E, Klaase JM
Interdisciplinary co-design and co-delivery of system level Greater Manchester Prehab4Cancer service.	Zoe	Merchant	GM Cancer	Merchant Z, Moore J, Rowlinson-Groves K