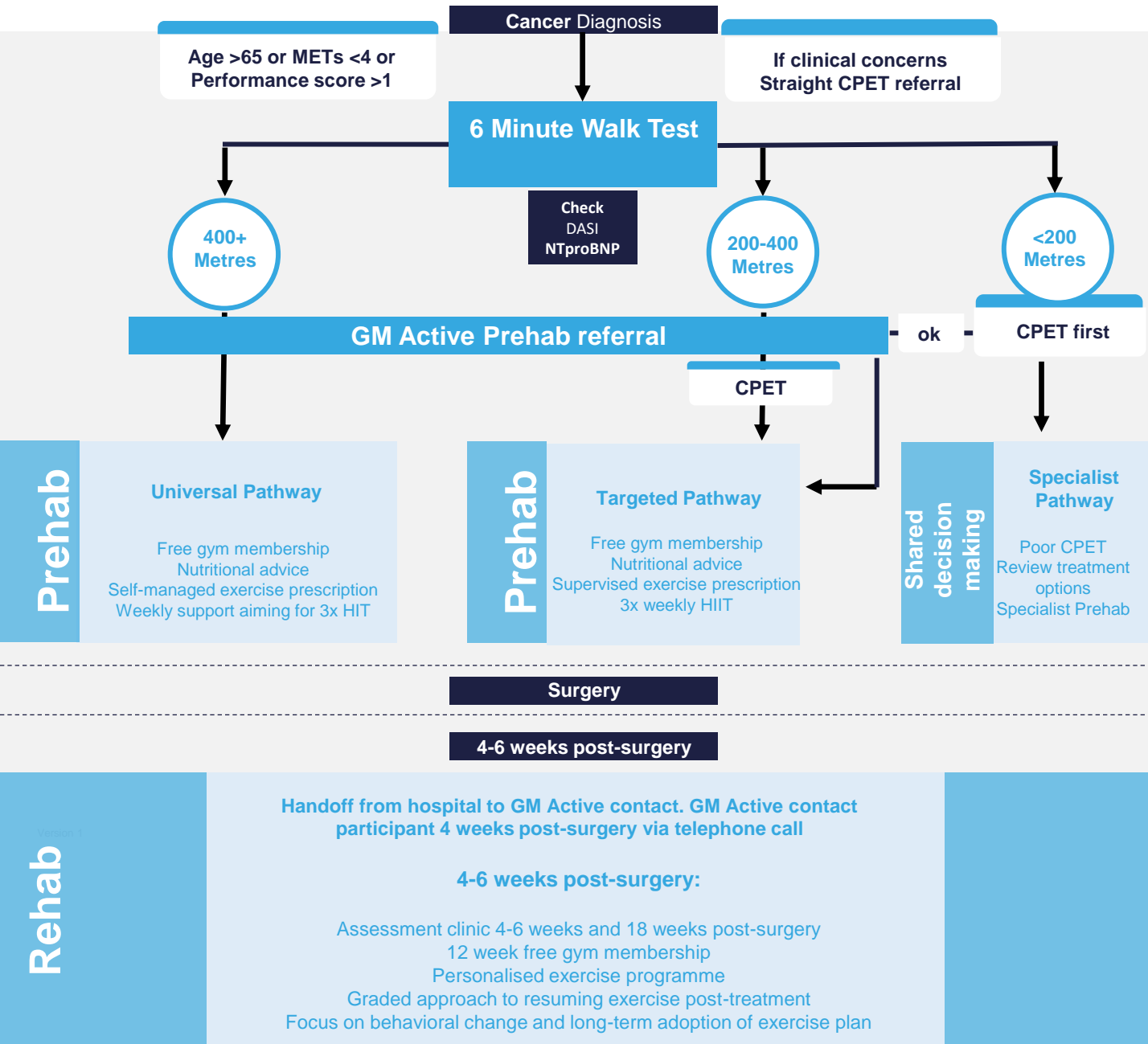




Colorectal Surgical Pathway

Patient Journey

Straight to Surgery





Colorectal Surgery Pathway

Patient Journey

Neo-adjuvant
chemo/Dxt

Cancer
Diagnosis

Refer for CPET

Check
DASI
NTproBNP

Age >60 or METs <4 or
Performance score > 1

Chemo/Dxt

Recovery

Prehab

Supervised exercise prescription
2x weekly HIIT and resistance
Other days 30 min cardio
Nutritional support

Supervised exercise prescription
Increasing 3x weekly HIIT and resistance
Other days 30 min cardio
Nutritional support

CHRISTIES

OPERATING SITE

Surgery

4-6 weeks post-surgery

Handoff from hospital to GM Active contact. GM Active contact
participant 4 weeks post-surgery via telephone call

4-6 weeks post-surgery:

Assessment clinic 4-6 weeks and 18 weeks post-surgery
12 week free gym membership
Personalised exercise programme

Graded approach to resuming exercise post-treatment
Focus on behavioral change and long-term adoption of exercise plan

Rehab



Colorectal Pathway

Patient Journey

Outcomes

30 day mortality
90 day mortality
Clavien Dindo
POMs day 7 and 15
30 day readmission
2 year survival

Patent

EQ5D
WHO-DAS 2.0
FACT
FRAILITY

PHYSIOLOGICAL

6MWT

Exclusions:
Unstable cardiac or resp disease (recent MI)
Syncope attacks
SaO $< 85\%$ at rest
PE < 2 weeks
Patients unable to maintain a steady walking pace
Lower limb claudication

Other potential contraindications:
Severe hypertension
Uncontrolled arrhythmia
Symptomatic Severe aortic stenosis
AAA $> 8\text{cms}$
Advanced pregnancy
Known HOCM

CPET

Exclusions:
Unstable cardiac or resp disease (recent MI)
Syncope attacks
PE < 2 weeks
Patients unable to cycle

Other potential contraindications:
Severe hypertension
Uncontrolled arrhythmia
Symptomatic Severe aortic stenosis
AAA $> 8\text{cms}$
Advanced pregnancy
Known HOCM

Preoperative Assessment and Optimisation: Colorectal Cancer Surgery

