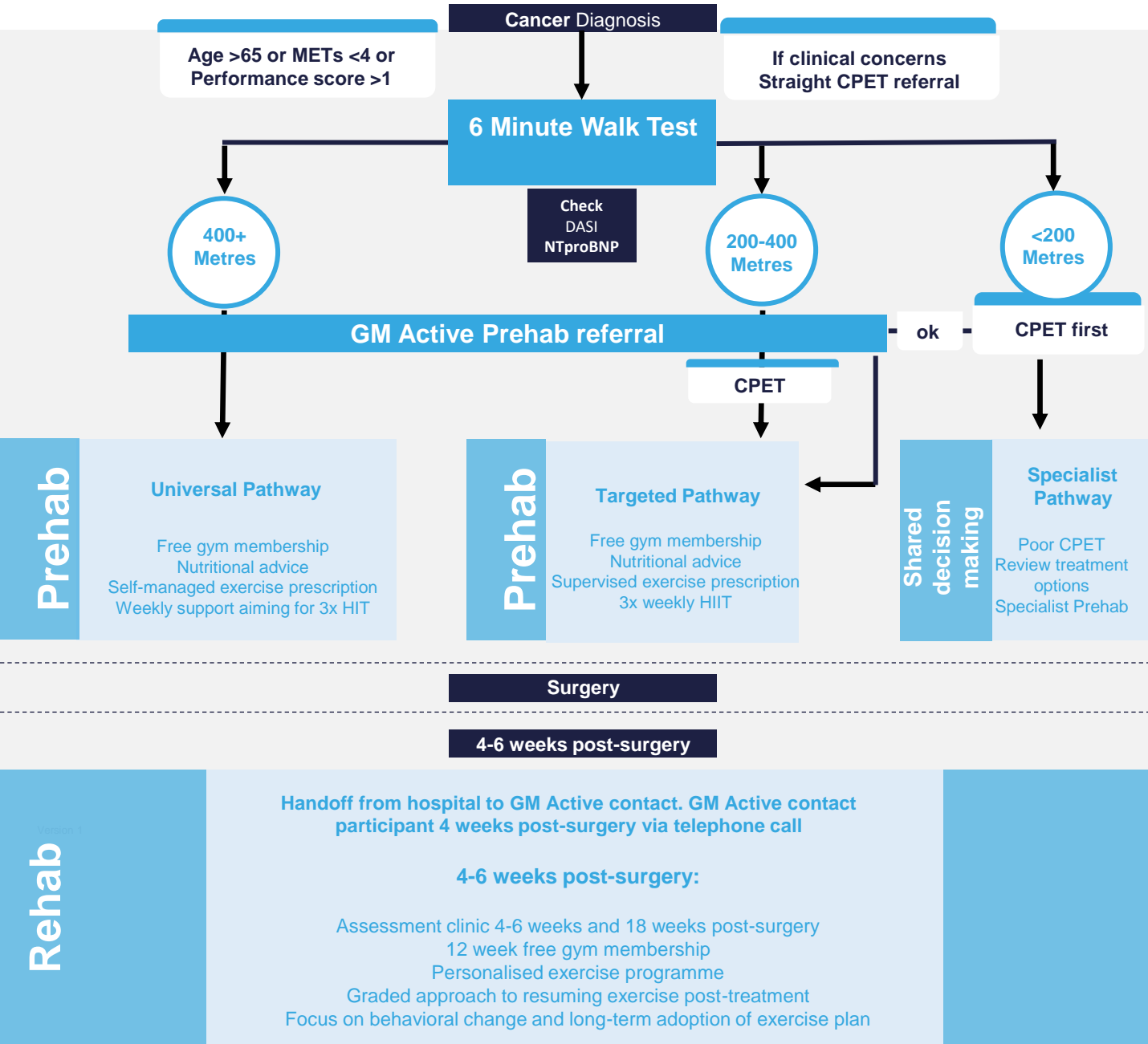




Colorectal Surgical Pathway

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

Rehab

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



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
 FRAILTY

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 > 8cms
 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:
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