# Colorectal Prehabilitation At-A-Glance

**2-4 WEEKS BEFORE ELECTIVE COLORECTAL RESECTION**

## Smoking Cessation

***Encourage smoking cessation and abstinence***
***1. Ask -*** Assess and document patient smoking history
***2. Advise -*** Patient is told to quit smoking pre-operatively by surgical team
***3. Act -*** Prescribe or refer for pharmacotherapy (select one)
-Nicotine replacement therapy
-α4β2 nicotinic acetylcholine receptor agonist (Chantix)
-Bupropion (Wellbutrin)
***4. Act -*** Prescribe or refer for smoking cessation counselling (e.g. individual/group counselling, telephone counselling, internet applications, guided imagery/meditation
***5. Assess*** - Assess whether active smokers have reduced/ceased smoking at morning of surgery.

## Nutrition Optimization

***Preoperative nutrition optimization and complex carbohydrate loading***
***1. Patient education -*** Patients receive standardized perioperative diet education regarding high protein/carbohydrate foods and supplements
***2. Immunonutrition -*** Patients consume 7 days of pre/post-operative immunonutrition (e.g. Ensure® Surgery Immunotrition Shake, Impact Advanced Recovery®)
***3. Pre-operative carbohydrate loading*** - Patients consume maltodextrin drink (Ensure® Surgery, ClearFast Pre-Op®) 2-3 hours before surgery
***4. Preoperative fasting minimization*** - Patients allowerd clear liquids until 2-3 hours before surgery
***5. Postoperative fasting minimization*** - Full liquids or solid food diet starting post operative day 1

## Preoperative Physical Function

***Improve pre-operative cardiovascular performance***
**Patients are provided or referred to *(select one):***
***1. Fully Monitored Program*** - Physical therapist or trainer supervised session
***2. Partially Monitored Program*** - Physical therapist/trainer prescribed then unmonitored
***3. Unmonitored Program*** - At-home walking, running, or exercise or ISQIC Pre-Operative Activity Guide

## Cognitive Preparedness

***Psychological and Cognitive Preparedness***
***1. Stress management -*** Patients will listen to guided imagery audio program prior to surgery

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## COLORECTAL PREHABILITATION TIMELINE

| Date | Event | Notes |
|---|---|---|
| Fri. 1/24/20 | ISQIC Coordinating Center to introduce the project. Abstraction manual and toolkit available for download. | |
| 1/27/20 – 1/31/20 | Review registration form, abstraction manual, and toolkit; share documents with team members. Email questions to Remi (rlove@isqic.org) and Brianna (bdorazio@isqic.org). | |
| 2/3/20 – 2/6/20 | Continue to review the abstraction manual and toolkit. Work with your teams to determine what and how you plan to implement. | |
| **Thurs. 2/6/20, 4:00pm** | **Webex #1: Post-Introduction Q&A Session (1 hr)** Coordinating Center to hold Q&A session to answer questions on the registration form, abstraction manual, and toolkit. | |
| 2/10/20 – 2/14/20 | Schedule meetings with SCRs, Surgeon Champions, Quality staff, and other team members to plan local implementation and discuss bundle component selection. | |
| **Thurs. 2/20/20, 12:00pm** | **Webex #2: Pre-Registration Q&A Session (1 hr)** Coordinating Center to hold Q&A session to answer questions about bundle components and implementation, as sites finalize their registration forms. | |
| 2/24/20 – 2/28/20 | Meet with local team to finalize registration form and bundle component selection. Review the data collection portal at ISQICDATA.org. | |
| **Fri. 2/28/20** | **Registration Forms due.** Email to Remi (rlove@isqic.org) and Brianna (bdorazio@isqic.org). | |
| **Fri. 3/27/20, 11:00am** | **Webex #3: Implementation Check-In and Mock Case Abstraction Release** Coordinating Center to hold a session focused on sharing ideas and answering implementation questions, and will release Mock Cases for review and local abstraction. | |
| **Fri. 4/17/20** | **Mock Cases due** | |
| **Fri. 4/24/20, 11:00am** | **Webex #4: Pre-Launch Q&A** Coordinating Center to review mock case abstractions and answer remaining questions prior to launch. | |
| **Fri. 5/1/20** | **Begin Data Abstraction!** | |
| 5/1/20 – 5/13/20 | Email Remi (rlove@isqic.org) and Brianna (bdorazio@isqic.org) with any questions or issues with data abstraction. | |
| **Thurs. 5/14/20, 12:00pm** | **Webex #5: Data Collection Q&A** Coordinating Center to hold a check-in session for data abstraction and to troubleshoot any issues. | |

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