

# Fit4SurgeryTV

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Pending
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON21090

### Source

NTR

### Brief title

Fit4SurgeryTV

### Health condition

Colorectal cancer, preoperative frailty

## Sponsors and support

**Primary sponsor:** Academic Medical Center, Amsterdam  
Gelre Hospitals, Apeldoorn

**Source(s) of monetary or material Support:** MLDS

## Intervention

## Outcome measures

### Primary outcome

Adherence to program, Fidelity to program

### Secondary outcome

Hand Grip Strength, Quality of life, Postoperative complications

# Study description

## Background summary

The Fit4surgery program consists of four parts. In each section, we try to combine the expertise of the scientific basis of the knowledge about implementation with a partner from the private sector.

- FIT: adapted senior seven-minute workout designed especially for frail elderly in collaboration with physical therapists and personal trainers. Here we will work with various physiotherapists and Rockstar Lifestyle, a startup specializing in physical optimisation and uses digital support.
- Food: dietary supplements compiled by researchers at the University of Wageningen, specifically focused on strengthening the older body.<sup>9</sup> This is established in collaboration with Albert Heijn. They will provide patients with a special Fit4Surgery-foodbox which contains all the ingredients for the protein-rich diet, including recipes.
- Family & Friends: use of social support that helps gradually during training.<sup>10</sup> Family members and friends of the patient are invited to send pictures or support messages during the program.
- Future: prior to the training program chooses a reward after surgery. By means of medals collected on the Fit4SurgeryTV, patients will save for free entrance tickets. There is an established collaboration with the Apenheul. They will provide 120 free tickets.

## Study objective

Multimodal prehabilitation (physical, nutritional, social, psychological) is a potential strategy to convert frail patients to non-frail patients prior to surgery for colorectal cancer.

## Study design

Baseline:

- 4 weeks prior to operation
- 1 day prior to operation
- 6 week followup

## Intervention

At home fit4surgery tv:

21-28 days

- daily 7 minute workout

- daily 2x40g protein meal (natural ingredients)

## Contacts

### Public

Emma Bruns

Amsterdam

The Netherlands

### Scientific

Emma Bruns

Amsterdam

The Netherlands

## Eligibility criteria

### Inclusion criteria

All patients >70 years old scheduled for colorectal cancer surgery who are considered to be physically frail, which is defined by the cut-off points as defined by VMS > 0 or ISAR-HP > 1.

### Exclusion criteria

Exclusion criteria is severe mental or physical incapacity (e.g. severe dementia, bedridden, life expectancy <1 year, metastasised disease) to execute the program.

## Study design

### Design

Study type: Interventional

Intervention model: Other

Allocation: Non controlled trial

Masking: Open (masking not used)  
Control: N/A , unknown

## Recruitment

NL  
Recruitment status: Pending  
Start date (anticipated): 29-05-2017  
Enrollment: 15  
Type: Anticipated

## Ethics review

Positive opinion  
Date: 28-05-2017  
Application type: First submission

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

Register	ID
NTR-new	NL6349
NTR-old	NTR6533
Other	Pilot niet WMO plichtig : Geen Secondary ID

## Study results