

Fit4SurgeryTV

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

Ethische beoordeling	Positief advies
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON21090

Bron

NTR

Verkorte titel

Fit4SurgeryTV

Aandoening

Colorectal cancer, preoperative frailty

Ondersteuning

Primaire sponsor: Academic Medical Center, Amsterdam
Gelre Hospitals, Apeldoorn

Overige ondersteuning: MLDS

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Adherence to program, Fidelity to program

Toelichting onderzoek

Achtergrond van het onderzoek

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.⁹ 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.¹⁰ 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.

Doel van het onderzoek

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

Onderzoeksopzet

Baseline:

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

Onderzoeksproduct en/of interventie

At home fit4surgery tv:

21-28 days

- daily 7 minute workout
- daily 2x40g protein meal (natural ingredients)

Contactpersonen

Publiek

Emma Bruns
Amsterdam
The Netherlands

Wetenschappelijk

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The Netherlands

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

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

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Anders
Toewijzing:	N.v.t. / één studie arm
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	29-05-2017
Aantal proefpersonen:	15
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies	
Datum:	28-05-2017
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL6349

Register

NTR-old

Ander register

ID

NTR6533

Pilot niet WMO plichtig : Geen Secondary ID

Resultaten