

# Multimodal Prehabilitation in Oesophago-gastric Cancer Patients

**Exercise (all)**



**PREHABILITATION**

**Nutrition (all)**



**Psychology (PRN)**



**All patients**



**From diagnosis**



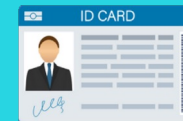
**Weekly contact**



**Aerobic & resistance**



**Individualised**



**Suitable setting**



**Standard of care**



## EXERCISE INTERVENTION

- Prescribed by qualified professional
- Clearly defined (FITT principles)
- Validated baseline assessment
- Aim to improve fitness & strength
- Response monitored

## DIETETIC INTERVENTION

- Individual plan
- Weight  $\uparrow \leftrightarrow \downarrow$

## ACTIVITY

- Target WHO / Macmillan criteria

## SMOKING CESSATION

## TO IMPROVE :-

Fitness  
Strength  
Body composition  
Length of stay  
Complications  
Quality of life



Survival  
Chemotherapy response

