Oral Communication

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Benefits of Prehabilitation in Patients With Colorectal Cancer: Case-Control Study

Topic: Rehabilitation Across the Continuum of Care

Emilio Javier Frutos Reoyo[1], Paula Luque Linero[2], Laura López Maté[1], Sergio Rodríguez Valbuena[1], Ángel Serrano Combarro[1], Ernesto Domingo Candau Pérez[1]

[1]*Physical & Rehabilitation Medicine, Hospital Universitario Río Hortega, Valladolid, Spain*
[2]*Internal Medicine, Hospital Universitario Virgen Macarena, Seville, Spain*

BACKGROUND

Colorectal cancer (CRC) is one of the most prevalent and lethal malignancies worldwide. Surgical treatment is considered the gold standard. Prehabilitation emerges as a strategy integrating physical, nutritional, and psychological preparation before surgery. This study aimed to evaluate the effectiveness of prehabilitation in reducing hospital stay and mortality in CRC patients.

METHODS

A prospective observational case-control study with a 24-month follow-up was conducted. Patients who underwent prehabilitation were defined as "cases," while those who did not were classified as controls. Descriptive and analytical analyses were performed, with a significance level of $p < 0.05$. A Kaplan-Meier curve was used to assess survival concerning hospital stay and mortality.

RESULTS

Of the 279 patients, 276 were analyzed (127 cases and 149 controls). The bivariate analysis showed comparable baseline characteristics between groups. The prehabilitation group demonstrated a significant reduction in postoperative hospital stay (4 days *vs.* 5 days; $p = 0.02$). No significant differences were observed in mortality (11.8% *vs.* 18.8%; $p = 0.11$).

CONCLUSION

The implementation of multimodal prehabilitation programs in CRC patients is associated with reduced hospital stay. Although no significant difference in mortality was observed, the trend suggests a positive impact. These findings support the adoption of prehabilitation as a standard in oncological practice, improving patient recovery and quality of life.

Statement of Disclosures

None

Corresponding Author:
Emilio Javier Frutos Reoyo
Physical & Rehabilitation Medicine, Hospital Universitario Río Hortega, Valladolid, Spain
Email: ejfrutosreoyo@gmail.com

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