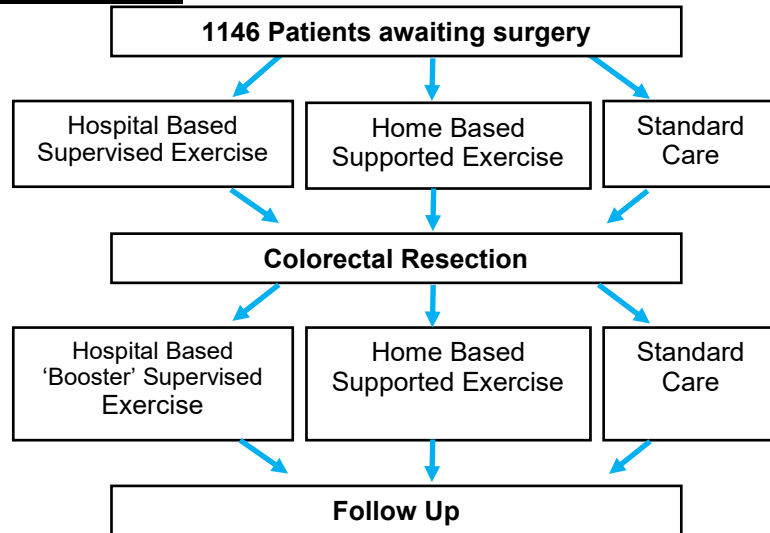




PREPARE-ABC : SupPoRtive Exercise Programmes for Accelerating REcovery after major ABdominal CAncer surgery

Trial Summary



Interventions

Hospital-Supervised: Initial 45 min counselling session, 3x1 hour interventions using cycle ergometer and two home-based resistance training sessions per week pre-op. Post-op 1 monthly booster session, two home-based resistance training sessions per week and aim to do 150 mins moderate intensity exercise per week.

Home-Supported: Initial 45 min counselling session, home exercise programme for 150 mins moderate intensity exercise and two resistance training sessions per week and weekly 15 min phone call pre-op. Post-op 150 mins moderate intensity exercise plus two resistance training sessions per week and a monthly 15 min telephone call.

Primary Outcomes

Short term: Morbidity for standard care versus hospital based and standard care versus home based exercise interventions (measured 30 days post-operatively)

Long term: Health-related quality of life at 12 months for standard care versus hospital based and standard versus home based exercise interventions (assessed 12 months post randomisation)

Secondary Outcomes

Pre-operative change in CPET, pre-operative change in grip strength, length of hospital stay, fitness for discharge, morbidity at discharge, 90-day all cause re-admission rate, 90-day post-operative mortality, post-operative change in grip strength., physical activity behaviour, psychological health status, self-efficacy and motivation for exercise, cost-effectiveness and quality of life.

Inclusion Criteria

- Male and female ≥ 18 years
- Awaiting a curative elective colorectal resection for cancer
- American Society of Anaesthesiologists physical status I-III (ASA, 2014)
- Able and willing to provide informed consent
- Understand verbal and written instructions in English
- Patients who are already participating (or have participate) in other trials may be eligible, but this must be agreed in advance by the relevant trial teams.

Exclusion Criteria

- Contra-indications to exercise (e.g lower limb amputation without prosthesis, bone, joint, or muscle problem which may be exacerbated by exercise, chronic lung disease causing desaturation with exercise or shortness of breath at rest, severe psychiatric health problems)
- Cardiovascular contra-indications (e.g unstable angina, acute left ventricular failure, uncontrolled cardiac arrhythmias, uncontrolled hypertension, cardiac event in the previous 6 weeks, cerebral vascular disease resulting in transient ischaemic attacks)
- Participation in other treatment trials, where this has not been agreed in advance with both trial teams

This study is a multi-centre, single blind (assessors only), 3-arm randomised controlled trial recruiting cancer patients awaiting curative colorectal cancer surgery from colorectal units in the UK.

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Trial Information

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