

WEBVTT

NOTE duration:"00:03:04"

NOTE recognizability:0.883

NOTE language:en-us

NOTE Confidence: 0.882789333461538

00:00:00.000 --> 00:00:02.009 Hello my name is Stephanie Salas and

NOTE Confidence: 0.882789333461538

00:00:02.009 --> 00:00:04.243 this is my thesis presentation on

NOTE Confidence: 0.882789333461538

00:00:04.243 --> 00:00:06.413 the use of multimodal prehabilitation

NOTE Confidence: 0.882789333461538

00:00:06.413 --> 00:00:08.454 to augment enhanced recovery

NOTE Confidence: 0.882789333461538

00:00:08.454 --> 00:00:10.658 protocols in gynecological oncology.

NOTE Confidence: 0.882789333461538

00:00:10.660 --> 00:00:12.260 So surgery presents a major

NOTE Confidence: 0.882789333461538

00:00:12.260 --> 00:00:13.540 stress to the body,

NOTE Confidence: 0.882789333461538

00:00:13.540 --> 00:00:14.944 mobilizing energy reserves,

NOTE Confidence: 0.882789333461538

00:00:14.944 --> 00:00:16.816 increasing protein catabolism and

NOTE Confidence: 0.882789333461538

00:00:16.816 --> 00:00:19.159 promoting skeletal muscle wasting in

NOTE Confidence: 0.882789333461538

00:00:19.159 --> 00:00:21.364 oncology patients often present with

NOTE Confidence: 0.882789333461538

00:00:21.364 --> 00:00:22.687 diminished preoperative functional

NOTE Confidence: 0.882789333461538

00:00:22.746 --> 00:00:24.972 reserve with less ability to withstand

NOTE Confidence: 0.882789333461538

00:00:24.972 --> 00:00:26.456 this major physiologic perturb
NOTE Confidence: 0.882789333461538

00:00:26.460 --> 00:00:28.924 and putting them at a higher risk
NOTE Confidence: 0.882789333461538

00:00:28.924 --> 00:00:29.980 of postoperative complications.
NOTE Confidence: 0.882789333461538

00:00:29.980 --> 00:00:31.279 Prolonged hospital stays.
NOTE Confidence: 0.882789333461538

00:00:31.279 --> 00:00:33.444 And a reduction of their
NOTE Confidence: 0.882789333461538

00:00:33.444 --> 00:00:34.810 baseline functional status.
NOTE Confidence: 0.882789333461538

00:00:34.810 --> 00:00:36.494 Enhanced recovery protocols and
NOTE Confidence: 0.882789333461538

00:00:36.494 --> 00:00:38.178 gynecological oncology have been
NOTE Confidence: 0.882789333461538

00:00:38.178 --> 00:00:40.365 incorporated in recent years into
NOTE Confidence: 0.882789333461538

00:00:40.365 --> 00:00:41.658 perioperative management with
NOTE Confidence: 0.882789333461538

00:00:41.658 --> 00:00:43.382 effective improvement in morbidity
NOTE Confidence: 0.882789333461538

00:00:43.440 --> 00:00:44.649 and mortality outcomes,
NOTE Confidence: 0.882789333461538

00:00:44.650 --> 00:00:46.848 and these are a group of evidence
NOTE Confidence: 0.882789333461538

00:00:46.848 --> 00:00:48.361 based protocols that address
NOTE Confidence: 0.882789333461538

00:00:48.361 --> 00:00:49.888 mitigating surgical stress.
NOTE Confidence: 0.882789333461538

00:00:49.890 --> 00:00:51.662 Maintenance of physiologic function

NOTE Confidence: 0.882789333461538

00:00:51.662 --> 00:00:54.320 and early mobility after surgery and

NOTE Confidence: 0.882789333461538

00:00:54.383 --> 00:00:56.288 untouched window of time remains

NOTE Confidence: 0.882789333461538

00:00:56.288 --> 00:00:58.193 though in the interim between

NOTE Confidence: 0.882789333461538

00:00:58.261 --> 00:01:00.361 diagnosis and surgery that can be

NOTE Confidence: 0.882789333461538

00:01:00.361 --> 00:01:02.292 used to further enhance recovery.

NOTE Confidence: 0.882789333461538

00:01:02.292 --> 00:01:04.902 This is where the concept

NOTE Confidence: 0.882789333461538

00:01:04.902 --> 00:01:06.990 of prehabilitation comes in.

NOTE Confidence: 0.882789333461538

00:01:06.990 --> 00:01:09.350 It has been suggested as a way to

NOTE Confidence: 0.882789333461538

00:01:09.350 --> 00:01:10.834 optimize physiologic resilience by

NOTE Confidence: 0.882789333461538

00:01:10.834 --> 00:01:12.510 increasing skeletal muscle mass,

NOTE Confidence: 0.882789333461538

00:01:12.510 --> 00:01:14.102 promoting adequate protein intake,

NOTE Confidence: 0.882789333461538

00:01:14.102 --> 00:01:15.694 and decreasing anxiety levels

NOTE Confidence: 0.882789333461538

00:01:15.694 --> 00:01:16.990 prior to surgery.

NOTE Confidence: 0.882789333461538

00:01:16.990 --> 00:01:18.688 It's been studied in colorectal surgery

NOTE Confidence: 0.882789333461538

00:01:18.688 --> 00:01:20.230 and has shown promising results,

NOTE Confidence: 0.882789333461538

00:01:20.230 --> 00:01:22.006 but similar studies are still lacking
NOTE Confidence: 0.882789333461538

00:01:22.006 --> 00:01:24.530 in the field of gynecological oncology.
NOTE Confidence: 0.882789333461538

00:01:24.530 --> 00:01:26.266 In designing this thesis,
NOTE Confidence: 0.882789333461538

00:01:26.266 --> 00:01:28.436 we hypothesize that women undergoing
NOTE Confidence: 0.882789333461538

00:01:28.436 --> 00:01:30.434 hysterectomy for known or suspected
NOTE Confidence: 0.882789333461538

00:01:30.434 --> 00:01:32.314 gynecological ignan see who participate
NOTE Confidence: 0.882789333461538

00:01:32.314 --> 00:01:34.950 in a multimodal prehabilitation and in
NOTE Confidence: 0.882789333461538

00:01:34.950 --> 00:01:37.150 addition to enhanced recovery protocols,
NOTE Confidence: 0.882789333461538

00:01:37.150 --> 00:01:39.150 would have a statistically significant
NOTE Confidence: 0.882789333461538

00:01:39.150 --> 00:01:40.750 improvement in their functional
NOTE Confidence: 0.882789333461538

00:01:40.750 --> 00:01:42.720 status from baseline in comparison
NOTE Confidence: 0.882789333461538

00:01:42.720 --> 00:01:44.615 to control subjects participating in
NOTE Confidence: 0.882789333461538

00:01:44.615 --> 00:01:46.350 enhanced recovery protocols alone.
NOTE Confidence: 0.882789333461538

00:01:46.350 --> 00:01:48.030 And we measured functional status
NOTE Confidence: 0.882789333461538

00:01:48.030 --> 00:01:50.070 as our primary outcome using the
NOTE Confidence: 0.882789333461538

00:01:50.070 --> 00:01:51.888 six minute walk test and used

NOTE Confidence: 0.882789333461538
00:01:51.888 --> 00:01:53.202 complication rates and quality
NOTE Confidence: 0.882789333461538
00:01:53.202 --> 00:01:54.917 of life as secondary outcomes.
NOTE Confidence: 0.882789333461538
00:01:54.920 --> 00:01:56.928 The pre Abilitation intervention
NOTE Confidence: 0.882789333461538
00:01:56.928 --> 00:01:59.166 includes 150 minutes of moderate
NOTE Confidence: 0.882789333461538
00:01:59.166 --> 00:02:01.336 intensity aerobic exercise per week
NOTE Confidence: 0.882789333461538
00:02:01.336 --> 00:02:03.978 protein intake goals of 1.2 to 1.5 grams.
NOTE Confidence: 0.882789333461538
00:02:03.978 --> 00:02:06.786 Per kilogram per day and 10 minutes of
NOTE Confidence: 0.882789333461538
00:02:06.786 --> 00:02:09.246 guided stress reduction meditations daily,
NOTE Confidence: 0.882789333461538
00:02:09.250 --> 00:02:11.266 Fitbit devices were proposed as a
NOTE Confidence: 0.882789333461538
00:02:11.266 --> 00:02:12.908 means of monitoring adherence to
NOTE Confidence: 0.882789333461538
00:02:12.908 --> 00:02:14.588 each leg of the intervention as well
NOTE Confidence: 0.882789333461538
00:02:14.588 --> 00:02:16.576 as to provide motivation to the
NOTE Confidence: 0.882789333461538
00:02:16.576 --> 00:02:18.270 patients and this use of Fitbits
NOTE Confidence: 0.882789333461538
00:02:18.270 --> 00:02:20.723 was a strength of the design as the
NOTE Confidence: 0.882789333461538
00:02:20.723 --> 00:02:22.493 use of wearable exercise trackers.
NOTE Confidence: 0.882789333461538

00:02:22.500 --> 00:02:24.594 In pre habilitation studies is fairly
NOTE Confidence: 0.882789333461538

00:02:24.594 --> 00:02:26.824 novel and they allow for adherence
NOTE Confidence: 0.882789333461538

00:02:26.824 --> 00:02:29.533 to be automatically tracked in one location.
NOTE Confidence: 0.882789333461538

00:02:29.540 --> 00:02:31.364 One limitation of our design was
NOTE Confidence: 0.882789333461538

00:02:31.364 --> 00:02:33.483 the short time period available for
NOTE Confidence: 0.882789333461538

00:02:33.483 --> 00:02:34.327 an intervention.
NOTE Confidence: 0.882789333461538

00:02:34.330 --> 00:02:35.766 As in many cases,
NOTE Confidence: 0.882789333461538

00:02:35.766 --> 00:02:38.364 the urgency of surgery limits the time
NOTE Confidence: 0.882789333461538

00:02:38.364 --> 00:02:41.308 after diagnosis to as little as two weeks.
NOTE Confidence: 0.882789333461538

00:02:41.310 --> 00:02:41.711 Overall,
NOTE Confidence: 0.882789333461538

00:02:41.711 --> 00:02:44.117 the Hasting returned to baseline from
NOTE Confidence: 0.882789333461538

00:02:44.117 --> 00:02:46.304 pre Abilitation would allow patients
NOTE Confidence: 0.882789333461538

00:02:46.304 --> 00:02:48.144 to receive follow-up treatments
NOTE Confidence: 0.882789333461538

00:02:48.144 --> 00:02:49.984 and chemotherapy without delay,
NOTE Confidence: 0.882789333461538

00:02:49.990 --> 00:02:51.320 and on a broader scale,
NOTE Confidence: 0.882789333461538

00:02:51.320 --> 00:02:52.820 pre abilitation is an opportunity

NOTE Confidence: 0.882789333461538

00:02:52.820 --> 00:02:54.903 to educate patients on how to have

NOTE Confidence: 0.882789333461538

00:02:54.903 --> 00:02:56.493 an active role in their cancer

NOTE Confidence: 0.882789333461538

00:02:56.493 --> 00:02:57.726 management and protect prioritize

NOTE Confidence: 0.882789333461538

00:02:57.726 --> 00:02:59.676 a healthy lifestyle from the very

NOTE Confidence: 0.882789333461538

00:02:59.676 --> 00:03:01.902 beginning of the care continuum.

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00:03:01.902 --> 00:03:03.998 Thank you for listening.