

Multimodal Prehabilitation for Surgery in the Elderly: a Randomised, Prospective, Multicenter, Multidisciplinary Trial

NCT04461301

Status	RECRUITING
Phase	Not Applicable
Sponsor	Insel Gruppe AG, University Hospital Bern
Enrollment	466 participants

Key Eligibility Criteria

Inclusion (5)

- Written informed consent
- comorbid (eASA 3)
- pre-existing fitness deficit: $AT < 11 \text{ ml/kg/min}$ respectively $VO_{2\text{peak}} < 14 \text{ ml/kg/min}$ if AT unavailable or $VE/VCO_2 \text{ slope} > 33$
- scheduled for major urologic, thoracic, visceral, orthopaedic or cardiovascular surgery
- screening at least 2 weeks prior to surgery

Exclusion (5)

- Paralysis or patients with mobility problems (who are unable to exercise),
- Premorbid conditions or orthopaedic impairments that contraindicate exercise,
- Cognitive disabilities,
- Chronic renal failure (need for dialysis)
- Emergency procedures.

Locations (1 total)

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