



ÉSZAK-PESTI  
CENTRUMKÓRHÁZ  
HONVÉDKÓRHÁZ

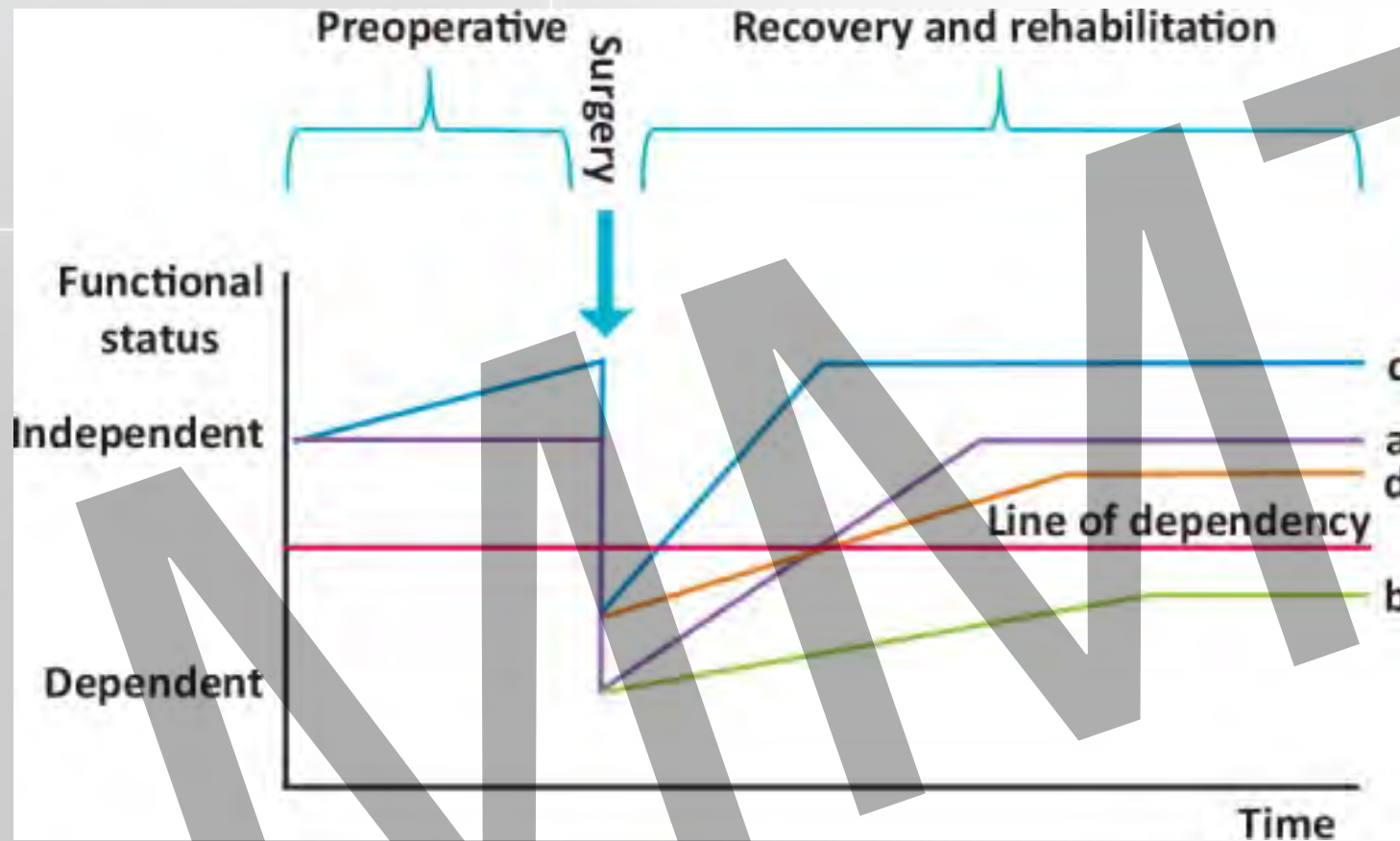
# Prehabilitáció a sebész szemszögéből

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ÉPC-HK I. Sebészeti Osztály  
2024.10.10.

# Definíció

Prehabilitation' aims to enhance general health and wellbeing prior to major surgery. By intervening in the preoperative period to modify behavioural and lifestyle risk factors, the 'physiological reserve' of the patient is enhanced to buffer the surgical stress response.

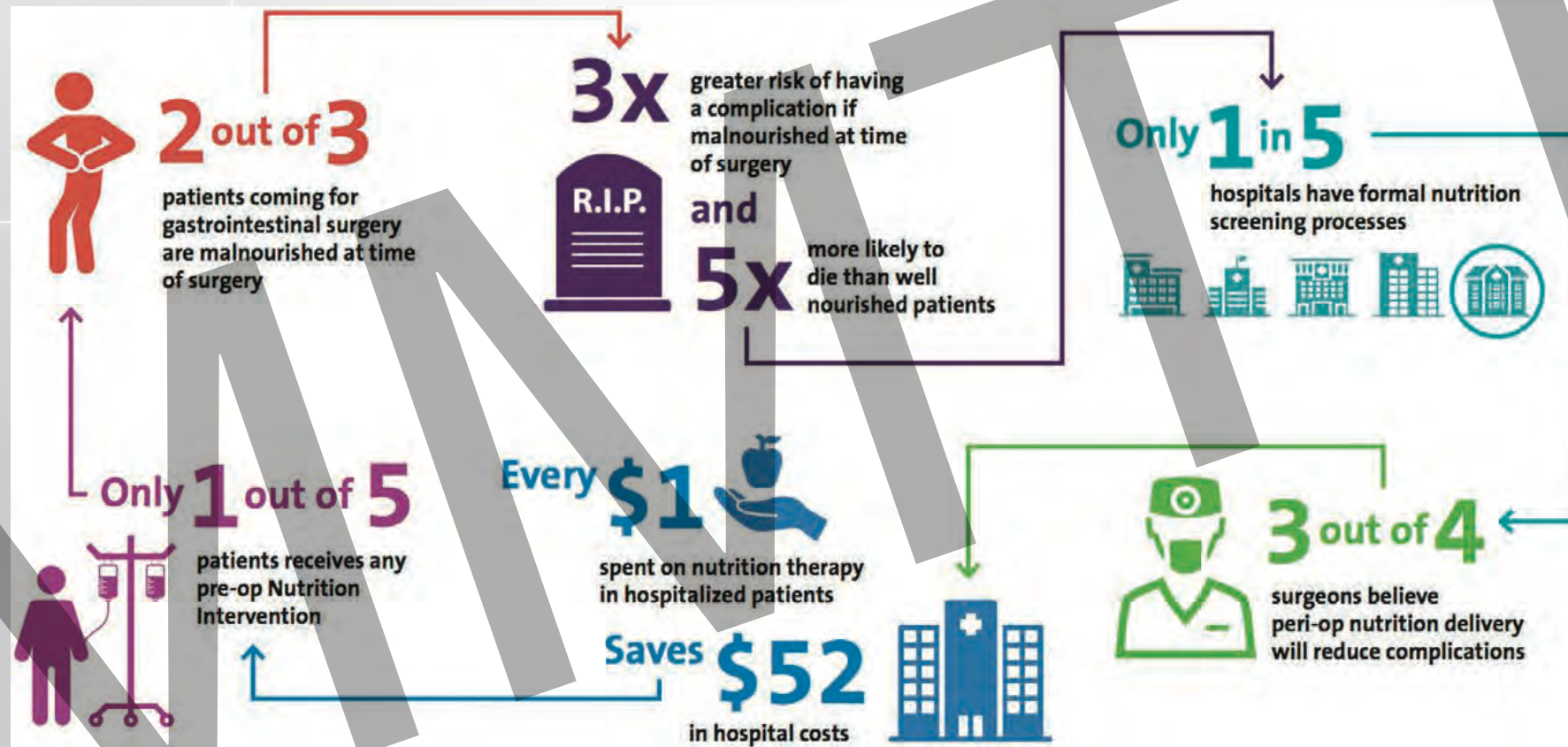
11. Santa Mina D, Scheede-Bergdahl C, Gillis C, Carli F. Optimization of surgical outcomes with prehabilitation. *Appl Physiol Nutr Metab*2015;40:966–9.



- All patients undergoing surgery experience a reduction in functional status postoperatively followed by a recovery period.
- Patients suffering a complication may experience a slower and incomplete recovery threatening longer-term independence.
- Prehabilitated patients are better placed to cope.
- Should a complication occur, prehabilitation might be crucial to safeguarding longer-term functional status and independence

Tew GA, Ayyash R, Durrand J, Danjoux GR. Clinical guideline and recommendations on pre-operative exercise training in patients awaiting major non-cardiac surgery. *Anaesthesia* 2018;73:750–68.

# Jelentősége a sebészetben



Wischneyer PE, et al. Perioperative Quality Initiative (POQI) 2 Workgroup. American Society for Enhanced Recovery and Perioperative Quality Initiative Joint Consensus Statement on Nutrition Screening and Therapy Within a Surgical Enhanced Recovery Pathway. Anesth Analg. 2018 Jun;126(6):1883-1895.

# Amire bizonyíték van

moderate quality of evidence that nutrition pre-habilitation is effective in **reducing infectious complications rates by 35%**

low quality of evidence in **reducing length of hospital stay by approximately 1 day in patients undergoing colorectal cancer surgery.**

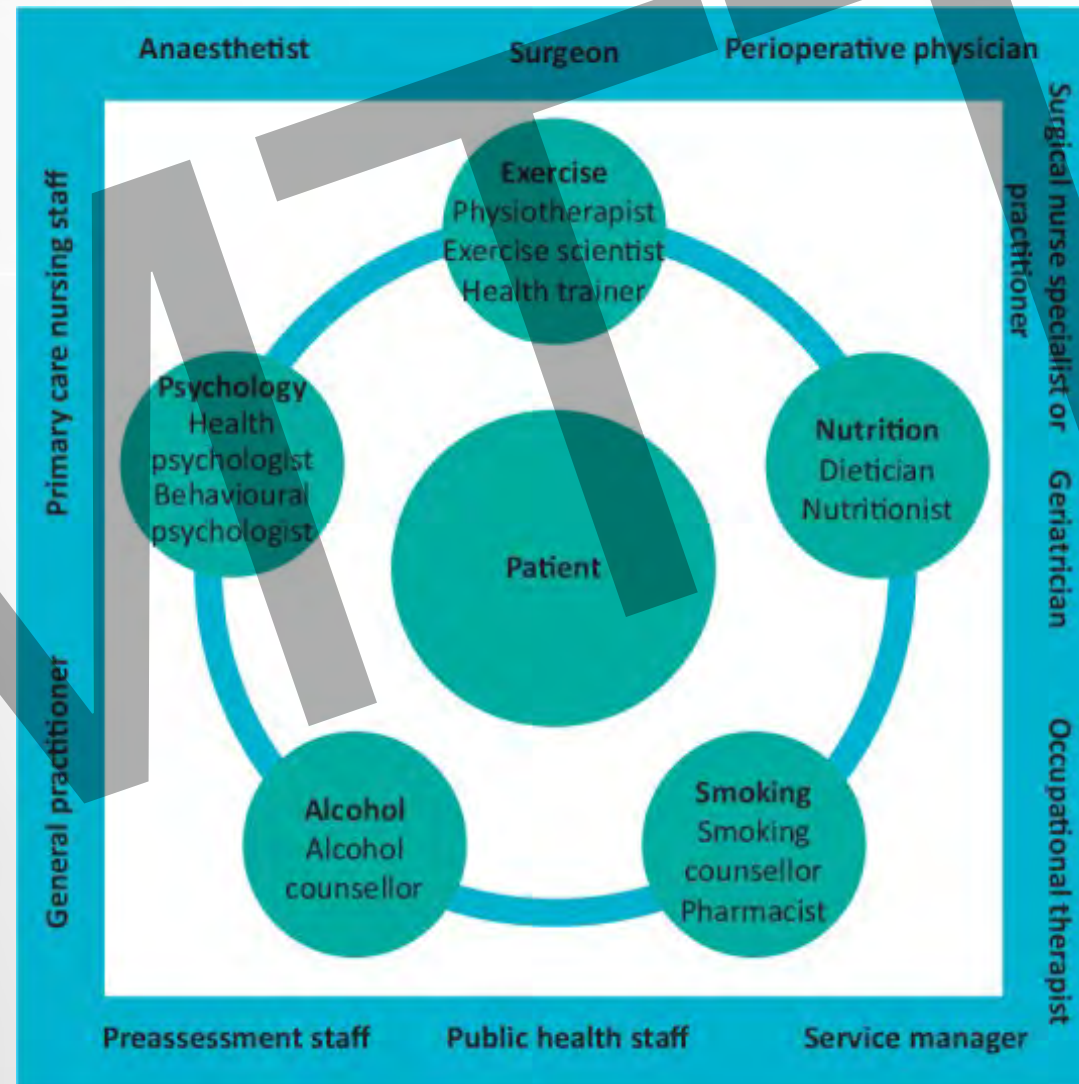
the benefit of other prehabilitation modalities, including multimodal, exercise and psychological interventions, is limited

Steffens, D., Nott, F., Koh, C. *et al.* Effectiveness of Prehabilitation Modalities on Postoperative Outcomes Following Colorectal Cancer Surgery: A Systematic Review of Randomised Controlled Trials. *Ann Surg Oncol* (2024). <https://doi.org/10.1245/s10434-024-15593-2>



# Műtét előtt

Mennyi időnk van erre?



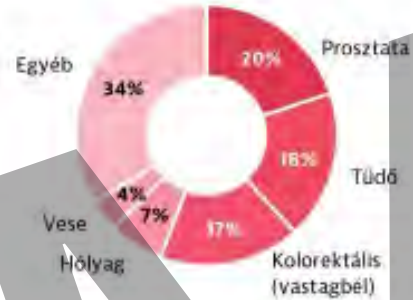
[Clin Med \(Lond\). 2019 Nov; 19\(6\): 458–464.](#)  
[10.7861/clinmed.2019-0257](#)

# Colorectalis sebészetben

A rákos megbetegedések incidenciájának nemek szerinti megoszlása Magyarországon és az EU-ban

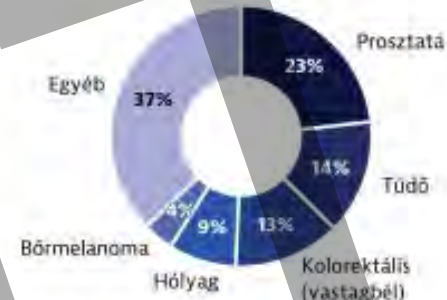
## MAGYARORSZÁG - FÉRFIAK

31 496 új eset



## EU - FÉRFIAK

1 444 949 új eset

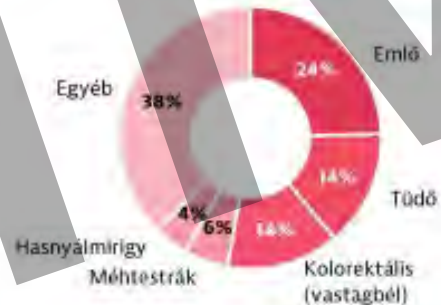


## ÉLETKOR SZERINT STANDARDIZÁLT ARÁNY (VALAMENNYI RÁKOS MEGBETEGEDÉS)

Magyarország 761 100 000 főre vetítve  
 EU 686 100 000 főre vetítve

## MAGYARORSZÁG - NŐK

30 903 új eset

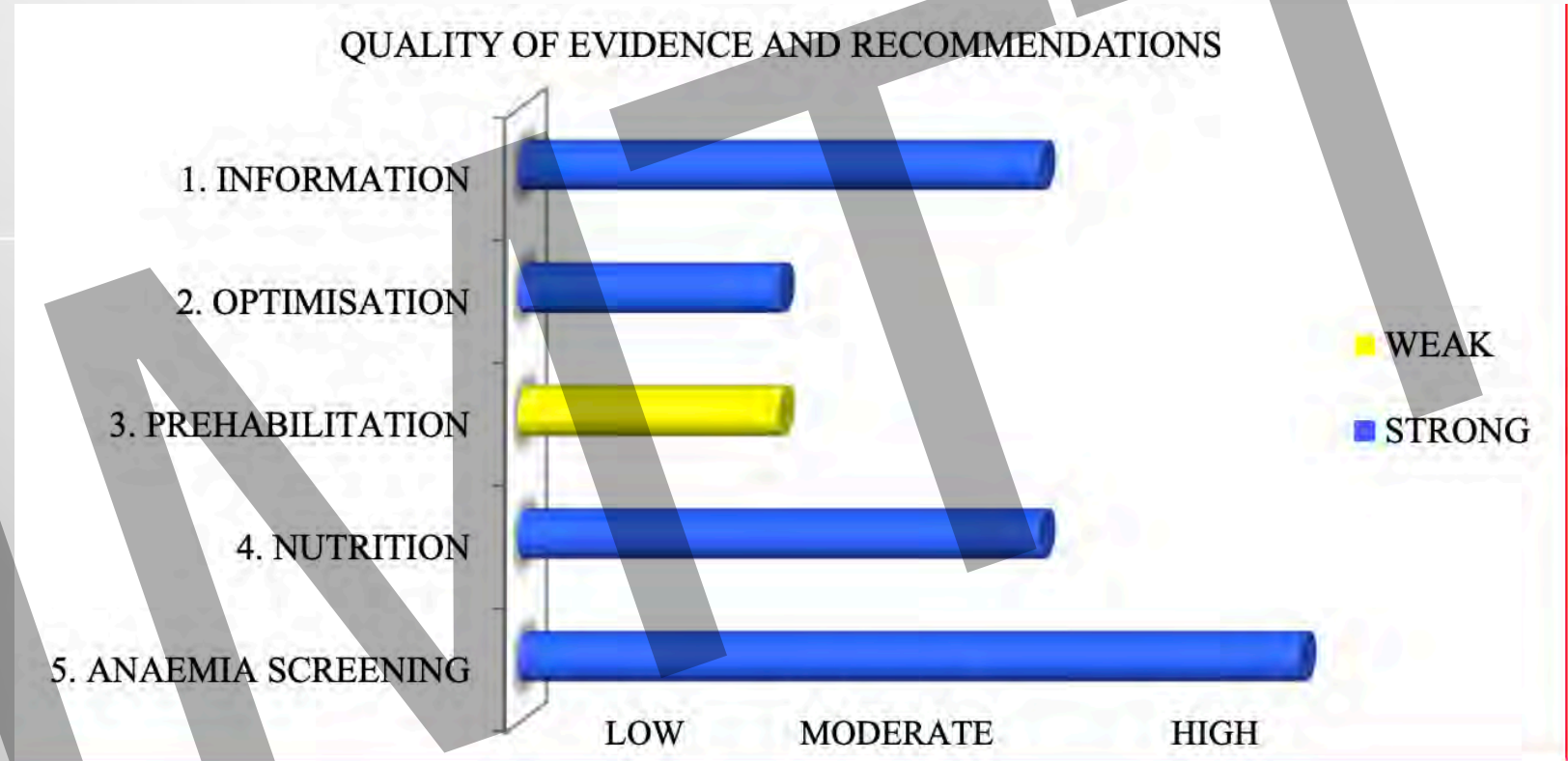


## EU - NŐK

1 237 588 új eset



# Colorectalis sebészetben II.



**Further research is required before considering this as a mandatory item in an ERAS protocol.**

„Guidelines for Perioperative Care in Elective Colorectal Surgery: Enhanced Recovery After Surgery (ERAS) Society Recommendations: 2018 „



# Colorectalis sebészetben III.

Sebészeti szakambulanciára beérkező colorectalis betegek  
nutricionális felmérése

MUST, albumin, BMI, testsúlyvesztés

Információátadás (műtét jellege, stoma lehetősége)

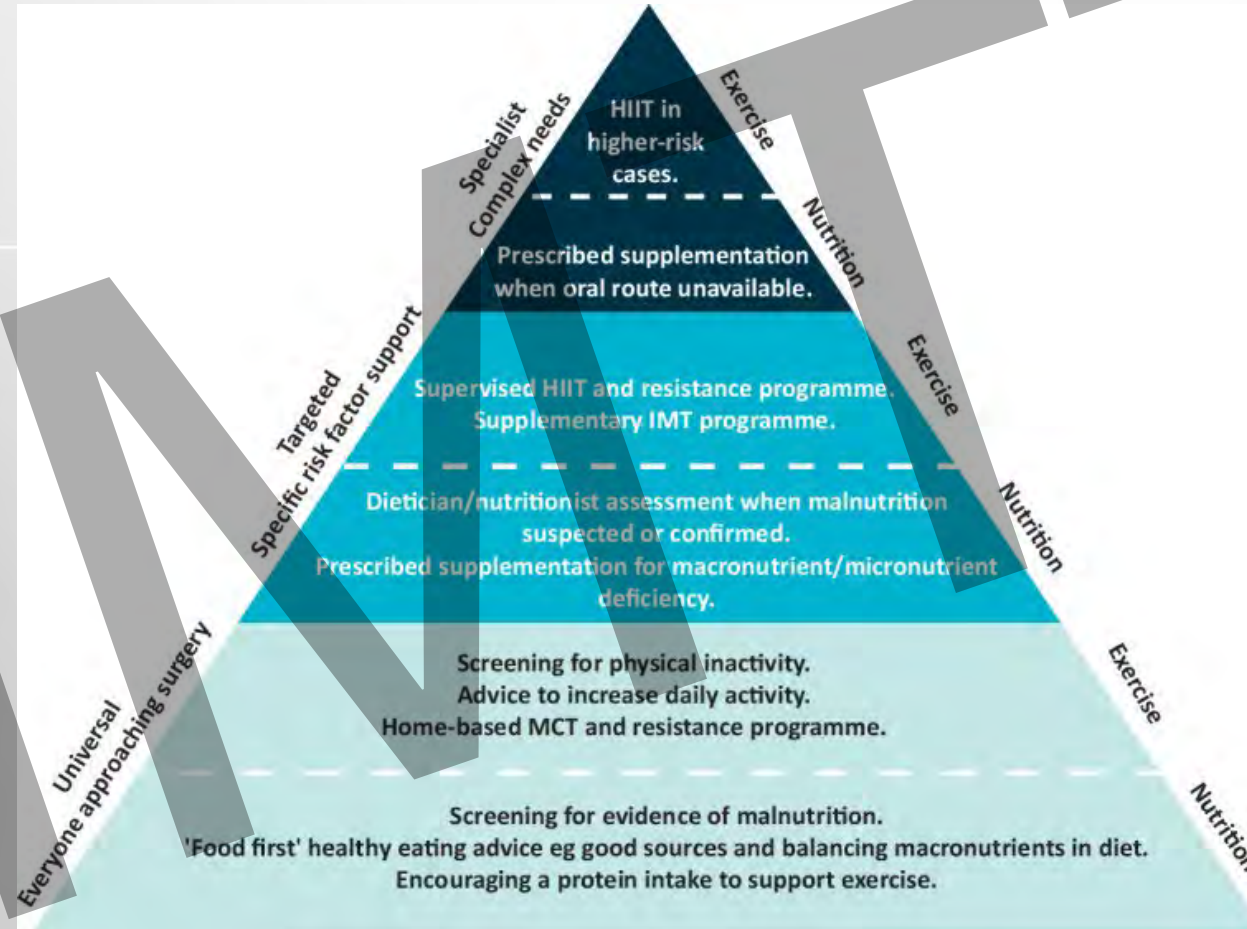
Táplálásterápia megkezdése kieg. tápszerrel dietetikus  
bevonásával

IBD –s betegek dietetikai tanácsadásának, impedanciamérésnek

Preoperatív gyógytorna

Pszichológiai tanácsadás kezdeményezése

# Hova fejlődhetünk



[Clin Med \(Lond\). 2019 Nov; 19\(6\): 458–464.](#)  
[10.7861/clinmed.2019-0257](#)

Köszönjük a figyelmet!

MMMTT