


Titre	Improving Outcomes in Patients With Hepatobiliary and Pancreatic Cancers With a Nutritional and Physical Conditioning Prehabilitation Program
Protocole ID	prehab_pilot
ClinicalTrials.gov ID	NCT03475966
Type(s) de cancer	Pancréas
Type étude	Support
Institution	CENTRE UNIVERSITAIRE DE SANTE MCGILL  SITE GLEN 1001 boul. Décarie , Montréal, QC, H4A 3J1
Ville	Montréal
Investigateur principal	Dr Antonio Vigano
Coordonnateur	
Statut	Fermé
But étude	<p>Major surgery is a stressful procedure; good recovery after surgery is important to patients and their doctors. Studies done at the McGill University Health Centre (MUHC) with cancer patients awaiting surgery have shown that exercise combined with simple diet recommendations (which may include a supplement) and relaxation techniques before surgery helped speed up the ability to resume walking after surgery. These results have made the investigators aware that exercise and good nutrition are as important before surgery as they are after surgery; while it is common practice to start strengthening the body after surgery (rehabilitation), there may be some advantage to begin this process before surgery (prehabilitation). The purpose of this study is to see if the following program, either before or after surgery, can help patients recover from liver, pancreas or bile duct surgery:</p> <ul style="list-style-type: none"> • Exercise that may help participants move and breath better, • Nutrition advice and a supplement to make participants strong, • Relaxation and anti-anxiety tips to help cope with the stress of upcoming surgery <p>The investigators will see if following this program will have an effect on participants' ability to walk before and after surgery.</p>
Critères d'éligibilité	<ul style="list-style-type: none"> • A diagnosis or suspicion of either hepatobiliary or pancreatic cancer (primary or metastatic) • Must be scheduled for surgical resection between 4-6 weeks of recruitment
Critères d'exclusion	<ul style="list-style-type: none"> • Persons with American Society of Anesthesiologists (ASA) health status class 4-5 • Comorbid medical, physical and mental conditions (eg: dementia, disabling orthopedic and neuromuscular disease, psychosis) • Cardiac abnormalities • Severe end-organ disease such as cardiac failure, chronic obstructive pulmonary failure and hepatic failure (alanine aminotransferase and aspartate aminotransferase >50% over the normal range) • Sepsis • Morbid obesity (BMI >40) • Anemia (hematocrit <30 %) • Other conditions interfering with the ability to perform exercise at home or to complete the testing procedures • Poor English or French comprehension