Optimizing Physical Recovery After Oncological Surgery

A blended physical activity and nutrition intervention

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FROM SURGERY TO RECOVERY

OPRAH supports recovery at home through self-monitoring, feedback and remote coaching for patients after gastrointestinal or lung cancer surgery

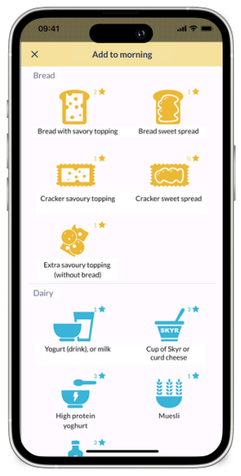


Physical activity

OPRAH
Optimal Physical Recovery After Hospitalization



Coaching



Protein intake

Development

What should the intervention contain?

Feasibility study
Systematic review

Support during and after hospitalization

Coaching

Behaviour change techniques

Scan QR code to view the publications

Feasibility

How does OPRAH fit into practice?

Pilot study
N = 32

Participation rate
69%

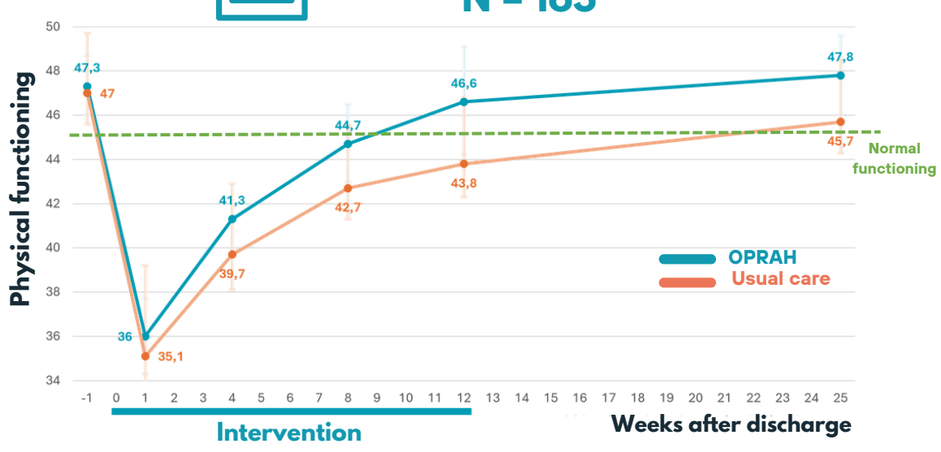
Adherence
Physical activity 91%
Protein intake 59%

Usability
SUS 73.5

Evaluation

Does OPRAH improve recovery?

Multicenter RCT
N = 163



Yes, with OPRAH, patients ...

- Recover faster
- Are more physcically active
- Better meet their protein needs
- Experience less fatigue and pain

Implementation

How can OPRAH become regular care?

Patient experiences
Implementation fidelity

Increased usability
SUS 86.2

Positive user experiences

Better integration needed

TAKE HOME MESSAGE

Blended physical activity and nutrition support can facilitate functional recovery after oncological surgery