

ACS Cancer Conference 2025

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Post-operative Optimisation Through Prehabilitation and Rehabilitation Services

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Disclosures

Nothing to Declare

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Optimisation of Outcomes and Improving Recovery Time

Optimal postoperative outcomes are achieved through

- Presurgical Prehabilitation Implementation
- Multi-specialist Complication Awareness Procedures
- Systematic Time-To-Treatment Checklist

The BCCE is an Internationally Accredited Centre based in Johannesburg South Africa and sees over 850 new patients per annum.

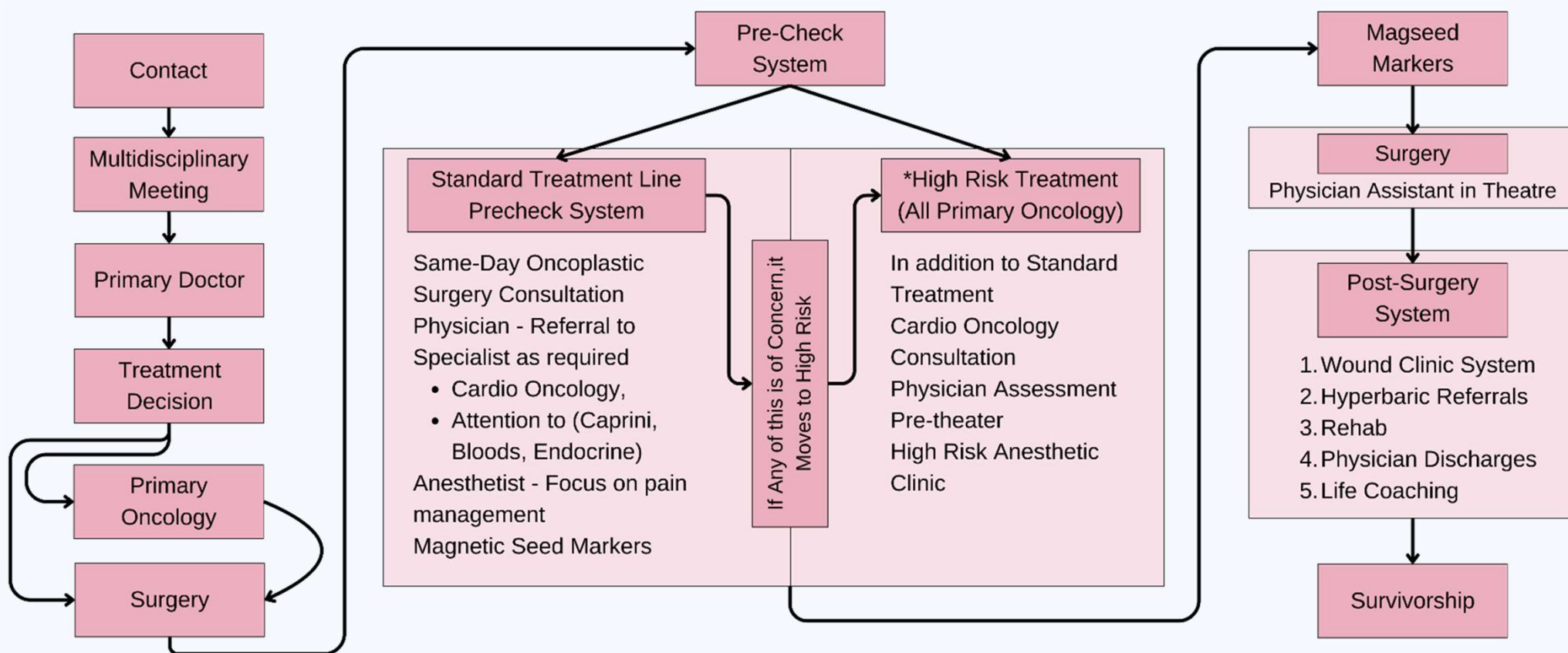
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Team

- Oncology surgeon
- **Oncoplastic surgeon**
- Reconstructive surgeon
- Oncology pre surgery assessment general physician (also assistant in surgery)
- Oncology cardiologist
- High risk anaesthetic clinic (run by specialist anaesthetists)
- **Specialist physician for patients who are assessed as high surgical risk**
- **Prehabilitation / Rehabilitation OT and Lymphoedema specialist available pre surgery ; at discharge and sees patients at the dressing clinics re mobilisation , lymphoedema and cording advice**
- **Surgical and ward nursing team (all undergo twice year training via an online breast cancer and patient management course**
- 4 specialist anaesthetist

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Process Image



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Recovery System Checklist

- Wound clinic referral
- Hyperbaric oxygen referral (wound dependant (fluorescent imaging assessment))
- Specialist nurse observation checklist with structured reporting
- Rehabilitation - Minimisation of treatment continuation e.g frozen shoulder
- Lymphedema specialist
- **Reviewed and managed by initial assessment physician who discharges**
- **Internal direct line communication**
- Life Coach
- Survivorship

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Results

- Decreased Hospital stay
 - Sub 1.2% complication rate
 - ERAS
 - No ICU Admissions from Surgical - Oncology department
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- Average length of surgery 90 min including oncoplastic procedure
 - Max hosp stay 36 hours - 0 Prolonged hospital stays
 - Surgical complications rate
 - Reduced Lymphoedema rate
- No delays to further treatment (all patients within 3-6 week window)

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Insights

ERAS begins at treatment decision making

Process for optimal treatment recovery and surgical results require implementation of pre surgical support systems

The above systems highlight improved surgical outcomes - and desired time to further oncology treatment

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