

WHAT'S UP AT **POP** ?

Peri Operative Program Péri-Opérateur (POP) Newsletter June 2017



POP's FIRST FIVE YEARS

It has been 5 years now that the **POP** program has been in existence. Over 725 patients have been through the program, contributing to the success of research studies, exploring the benefits of the **POP** program on the readiness of patients to face the stress of surgery, and their eventual return to normal functionality sooner than those not part of the prehabilitation program. The research studies have covered colorectal, lung, esophageal, bladder and prostate cancer and knee arthroplasty. There is encouraging evidence that prehabilitation, under the **POP** program has helped patients prepare well before surgery, thus reducing risk of complication during and after surgery and shortening their length of stay in the hospital, thereby returning to normal

functionality sooner than those not participating in a prehabilitation program. Over 60% of patients who had colorectal surgery returned to normal functionality (baseline) after 4 weeks and 80% returned by 8 weeks.



The original **POP** team consisted of the 6 people in the following picture. Now, we have expanded to 12 people. We presently see approximately 200 patients a year, counting for over 2100 visits in total. We have a full time kinesiologist/research-coordinator (Victoria) and one that is on maternity leave right now (Rashami), and two part time kinesiologist (Alex and Vanessa), a voluntary relaxation therapist (Ibby), a part time nutritionist (Shawna), a kinesiology fulltime professor consultant (Celena), 4 Masters students (Alex, Vanessa, Meagan, Michael) and a PhD student (Enrico). Dr. Carli leads the team and Mary, a volunteer, acts as an Administrative Assistant to Dr. Carli for Peri Operative Programme Péri-Opératoire (POP), the non-profit company that raises the funds for the **POP** program. We are very thankful for all the people that continue to work with **POP**. The team is a very cohesive and hard working group.

POP's RESEARCH OVER THE LAST FIVE YEARS

During the last five years, **POP** has conducted 12 separate research studies, seven in colorectal cancer area, one each in esophageal, bladder, prostate, and lung cancer area and one in knee arthroplasty. Alongside the directed studies, **POP** has its complement of “special patients” that include patients with hernia, spine, cardiac and some others non-cancerous areas. A lot of effort has been put into optimizing the program of exercise, nutrition, pharmacological and stress management. We have many Masters and PhD students who have conducted these studies under the supervision of Dr. Carli and his colleagues at the McGill University Health Centre.

Our patient population has been wonderful. Not only have they faithfully followed our program and worked hard to be compliant, they have acted as our ambassadors passing on testimonials concerning the program. They have contributed immensely to optimizing patient care before surgical intervention to help reduce recovery time and allow patients to return to normal functionality sooner.

POP is currently working with a software company, Wellbe Inc., from Madison, WI to develop a patient-provider interactive software to help expand communications between the healthcare provider and the patient. The software focuses on patient comprehension of the program, compliancy to the program and daily reporting by the patient to assure that the patient and healthcare provider can monitor patient progress and any complications that might arise en route. It is a co-authored research program with **POP** and Wellbe Inc. being the leaders. It is hoped that preliminary results of the research project can be delivered during the June Conference on prehabilitation.

POP will continue to pursue research to refine the program to the point that, one day, the program will become the standard for patient care prior to surgery.

FIVE YEARS OF FUNDRAISING FOR **POP**

Thanks to some of our dedicated patients, sponsors, and fundraising events, **POP** has been able to finance their ongoing operations. Special thanks have to go to Friends For The Cure for their undying support, holding an annual Gala in February for the past five years, to benefit **POP**. Without them, we would not be able to run the program. They have contributed over \$600,000 over the last five years. Their contribution increases every year to match our expanding program.



FRIENDS FOR THE CURE GALA 2017

We are also indebted to Immunocal Inc. for supplying us with the required protein supplement, Immunocal, that is used to increase protein intake for patients that lack the required amount of protein per day. Immunotec Inc. also purchased a Nu-Step bike for **POP**.

People like Tony Panarello, who has not only raised funds, but also held a Texas Hold'Em Evening for the past two years to benefit **POP**, and Lewis Cytrynbaum, who has purchased equipment for **POP**, have allowed us to offer the exercise regime that we do offer at **POP**. There are other patients that have also contributed generously to **POP**, to whom we are eternally grateful.



Thanks to Jane Edwards, The Louise and Allan Edwards Foundation has supported us for 4 years now and have promised to continue to support us.

Besides the Gala, some of our patients have been very generous, donating money and helping to pay for some of our exercise equipment. Isa Lane and her group of friends, had a wonderful fundraising kayaking day in Arundel in 2016, where we raised \$1300. Guillaume Bousquet-Dion and Megan Barrett Bernstein entered the Banque Nova Scotia Run, raising \$870 dollars in 2016.

We are eternally grateful to all who have helped make **POP** expand and further develop and refine our prehabilitation program.

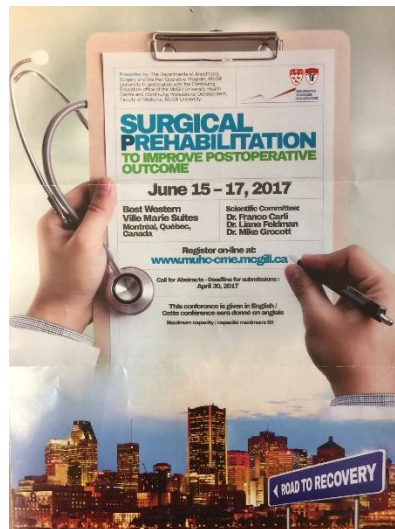
POP AS A CENTRE OF EXCELLENCE

In November 2015, **POP** held its first “Surgical Prehabilitation in Cancer Patients: Experts Roundtable”. The focus was on reaching a consensus regarding future research efforts for the various topics covered in an effort to support the publication of the panel’s recommendations.



FRANCO CAN YOU PLEASE FILL IN THE RESULTS OF THE ROUNDTABLE DISCUSSION.

In June 2017, **POP** is holding its first Conference on “Surgical Prehabilitation to Improve Postoperative Outcome”. Fifteen speakers, from around Canada, the US, UK and Europe are coming to talk about prehabilitation as it relates to outcomes from lung, vascular, abdominal, orthopedic, and prostate surgery; other topics include risk assessment in patients, how to deal with glycemic control and protein sparing, smoking cessation, anemia and preparation for surgery through exercise, nutritional counseling and therapies to reduce stress. We are hoping to have up to 60 participants in the Conference.



POP is continuing to optimize the prehabilitation program to benefit patients. The vision is still to be able to receive funding to establish a permanent department of prehabilitation for patients facing major surgery. With everyone’s help, we are hoping to be able to achieve this vision in the near future.

PLEASE GIVE GENEROUSLY TO SUPPORT THE PERI OPERATIVE PROGRAM (POP)