



399 - EFFICACY OF A MULTIDISCIPLINARY PREHABILITATION PROGRAM AT ENHANCING BONE METABOLISM IN COLON CANCER PATIENTS: PRELIMINARY RESULTS FROM THE ONCOFIT STUDY

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Resumen

Introduction and objectives: Colon cancer is the fifth most commonly diagnosed tumour type worldwide. Surgical resection, although considered the elective treatment, is not exempt from numerous complications. Previous evidence suggests that preoperative bone metabolism status is crucial to posoperative recovery, as alterations in bone metabolism prior to surgery may increase the risk of posoperative complications, particularly fractures. Hence this study aimed to investigate the effects of a 4-week multidisciplinary prehabilitation programme on bone metabolism in patients undergoing colon cancer resection.

Methods: This is a preliminary analysis of the ONCOFIT randomised controlled trial (n = 60 participants; n = 32 intervention; n = 28 control). The intervention included (i) exercise, (ii) dietary behaviour change and (iii) psychological support. Bone metabolism status was assessed through blood parameters including calcium, phosphorus, magnesium, parathyrin, and phosphatase.

Results: A moderate and moderately large effect at improving phosphorus levels (between-group difference: 0.25 (-0.04 to 0.55); Hedges' g = 0.44; p = 0.044) and magnesium (between-group difference: 0.10 (0.01 to 0.18); Hedges' g = 0.6; p = 0.026) were obtained in response to the multidisciplinary prehabilitation.

Conclusions: These results suggest that the ONCOFIT multidisciplinary prehabilitation programme produces beneficial effects on certain bone parameters, indicating its potential role at improving presurgical health status of patients undergoing colon cancer resection.