
Wolfram Nolte Memorial Award for Colorectal Cancer Projects

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Our Patient Organisation

Our association is 11 years old. We have a gastrointestinal and urology section, but we also help patients living with other cancers. We organise regular patient meetings, rehabilitation trips and provide free physiotherapy for patients. We have carried out several national patient education and awareness campaigns, organised large meetings, published educational books and made educational films. We collaborate with other organisations and reputable medical societies. We are also associated with several international organisations.

Our references in colorectal cancer awareness raising

- A successful national press competition to raise awareness about colorectal cancer and colorectal screening in the national press.
- We organised patient education workshops (in person and online).
- Regular national calls to emphasise the importance of colorectal screening.
- We pushed for the launch of state-level colorectal cancer screening programmes.
- During the COVID-19 epidemic, we urged an end to restrictions on cancer screening.
- We published a booklet, "200 Questions - 200 Answers on Colorectal Cancer", which we distributed free of charge to hospitals nationwide. The book will guide colorectal cancer patients and their relatives through diagnosis, treatment and rehabilitation.
- We have made the book content freely available online.
- We organise regular meetings with colorectal cancer patients.
- We provide online medical gymnastics for patients.
- We continued to be an active participant in the international ECCAM campaign in 2023 (please find attached our 2023 ECCAM report)

Our application plan

Support for prehabilitation of colorectal cancer patients

Prehabilitation is a novel approach, aiming to improve patients' physical and psychological capacity to reduce postoperative morbidity and improve treatment outcomes. Recently, prehabilitation has gained interest as a novel strategy to reduce treatment-related morbidity for patients undergoing colorectal cancer surgery. Prehabilitation complements Enhanced Recovery After Surgery (ERAS) care to achieve optimal patient outcomes because recovery is not a passive process and it begins preoperatively. Prehabilitation is a complex multidisciplinary process that aim to optimise the patient's vital systems in the given time between presentation at the prehabilitation clinic to the day of surgery. The three pillars of prehabilitation are:

1. Nutrition
2. Physiotherapy and exercise capacity build-up
3. Psychiatric support and help with coping

In October 2021, the first phase of the so-called prehabilitation program was launched at the Surgery, Transplantation and Gastroenterology Clinic of Semmelweis University in Budapest, the aim of which was to ensure that the patient be as prepared as possible and awaits the operation in the best possible physical, nutritional and mental condition, as this contributes, among other things to a faster recovery and also for the reduction of complications. The university also wants to build a well-functioning reference center for education, research, and healing, which will play an important role in the education and research of students.

Our patient organization is in the fortunate position that our president is a physiotherapist who has extensive knowledge and experience in the field of oncological patient care and also participates in the physiotherapist training at Semmelweis University. This is how we decided that we would like to participate in the development of the physiotherapy pillar of Prehabilitation and participate in the prehabilitation process with the involvement of physiotherapy students. In the physiotherapy intervention, we would like to focus primarily on patients with colorectal cancer.

In 2023 nearly 200 colorectal patients from different parts of the country participated in the ERAS prehabilitation programme. 78 of them came from distances of 100-200 km, which made it impossible to participate in person. Their situation would be greatly helped if we could support their prehabilitation

preparation through the fit bit watch (activity monitor) under professional supervision. The watch allows recording of all movement parameters, allowing the physiotherapist to support the preparation via an online platform. The treadmill and the spirometer would allow the safe preparation of patients with serious co-morbidities (COPD, heart failure, etc.).

Our association is personally involved in the ERAS Prehabilitation work once a week.

The project will serve both to improve the quality of patient care and scientific research to develop an optimal form of prehabilitation care.

What would we use the grant for ?

Purchase of medical equipment to support patient care and scientific research:

1. Spirometer

An essential tool for the preliminary assessment of patients. Full-featured ultrasonic spirometry in a compact device. The instrument is able to store more than 4000 patients and/or measurements. (The exact number depends on the measurement type.)

2. Treadmill for load tests

3. 20 pieces of activity monitor

Total value of equipment purchase approx. €4000

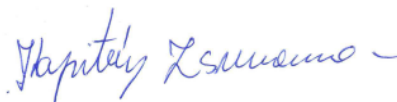
€1000 would be used to provide free patient information books for colorectal cancer patients.

The results of the joint prehabilitation programme with the clinic will be continuously reported, and a scientific publication is planned.

By active participation in the prehabilitation programme, our patient organisation could make a significant contribution to preparing colorectal cancer patients for surgery. Successful prehabilitation is also one of the keys to successful rehabilitation after surgery.

Thank you for the opportunity to apply. We hope that the jury will consider our objectives worthy of support. Please do not hesitate to contact us if you have any further questions about the prehabilitation programme for colorectal cancer patients.

Sincerely,



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president
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