



PREHABILITATION IN THORACIC SURGERY

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Preoperative optimization is an extremely useful tool to improve preoperative status and to decrease surgical morbidity. Prehabilitation is an appealing concept that intends to help to decrease complications and enhance recovery of patients after surgery. However, there is still no robust evidence to support its recommendation in all cases, mainly because of heterogeneity of interventions and patients. In fact, it seems very important to carefully select patients who may benefit from it and to tailor the intervention according to the basal status and facilities available because not all patients may benefit from the same interventions. Baseline multidisciplinary assessment, motivational interview and designing an individual intervention may end up with optimal results. Latest evidence suggests that when done this way, prehabilitation may be effective to decrease perioperative complications and to be cost-effective. Further research is needed with a gaze in translational medicine, trying to apply principles used in prehabilitation to the community, to obtain an involvement of primary care, to facilitate logistics and adherence and to obtain long-lasting results that translate into better quality of life of our patients.