

Introduction

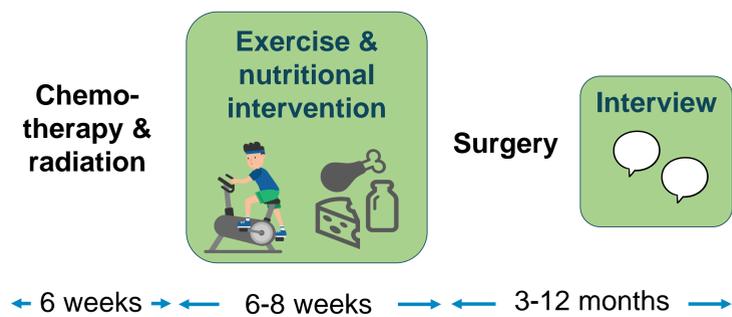
To optimize participation in prehabilitation programs, personalized interventions are recommended, requiring insight into what motivates patients to participate in such programs.

Purpose

To identify factors that contribute to the participation of patients with esophageal cancer in a prehabilitation program.

Methods

- Multicenter, qualitative study
- 12 patients with esophageal cancer (68.9 (7.0) years)



- Semi-structured interviews, an inductive thematic analysis.

THREE THEMES

1

Internal motivation

- Clear purpose: 'to get through surgery'
- Importance of own efforts
- A positive change of mind during prehabilitation

'A good physical condition was necessary to fight.' (pt 9)
 'At that moment, I felt sick, and I thought: leave me alone. But now, I can really say it was necessary to train.' (pt 6)

2

External motivation

- Support and supervision from different healthcare providers
- Different preferences for the level of dietary support and training supervision
- Support from family members

'Just going to the physiotherapist makes you more motivated.' (pt 7)
 'I don't like gyms. I prefer to do it myself. That's what I said, and that's what I did.' (pt 4)

3

Program feasibility

- Very limited barriers to participate in the program
- Feasibility contributes to a good participation
- Impact of the program: patients felt better prepared for surgery

'I was more relaxed before surgery. Because I was in good shape, and I got a bit of confidence out of that.' (pt 12)

Conclusion

This study shows that patients with esophageal cancer are motivated by internal and external factors to participate in a multimodal prehabilitation program.

Clinical implications

- ➔ Clear information about the purpose of prehabilitation is essential and should be emphasized by different healthcare disciplines.
- ➔ Family members must be actively involved in prehabilitation care.
- ➔ The intensity of dietary support and physiotherapeutic supervision needs to be individually tailored to provide feasible and personalized interventions.