

Preoperative Geriatric Assessment And Tailored Interventions In Frail Older Patients With Colorectal Cancer.

A randomised controlled trial

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CONFLICT OF INTEREST DISCLOSURE

I have no potential conflict of interest to report

Outline

1. Colorectal cancer (CRC) and postoperative complications
2. Inclusion and Intervention
3. Results
4. Conclusions

Colorectal cancer



Median age: 72 years
25% of patients are 80+



Postoperative complications

	Fit (n=102)	Frail (n=76)	Total
Any postoperative complication	49 (48%)	58 (76%)	95 (53%)

P<0.001

Research question:

Can a preoperative CGA-based intervention reduce the number of postoperative complications in frail older colorectal cancer patients?

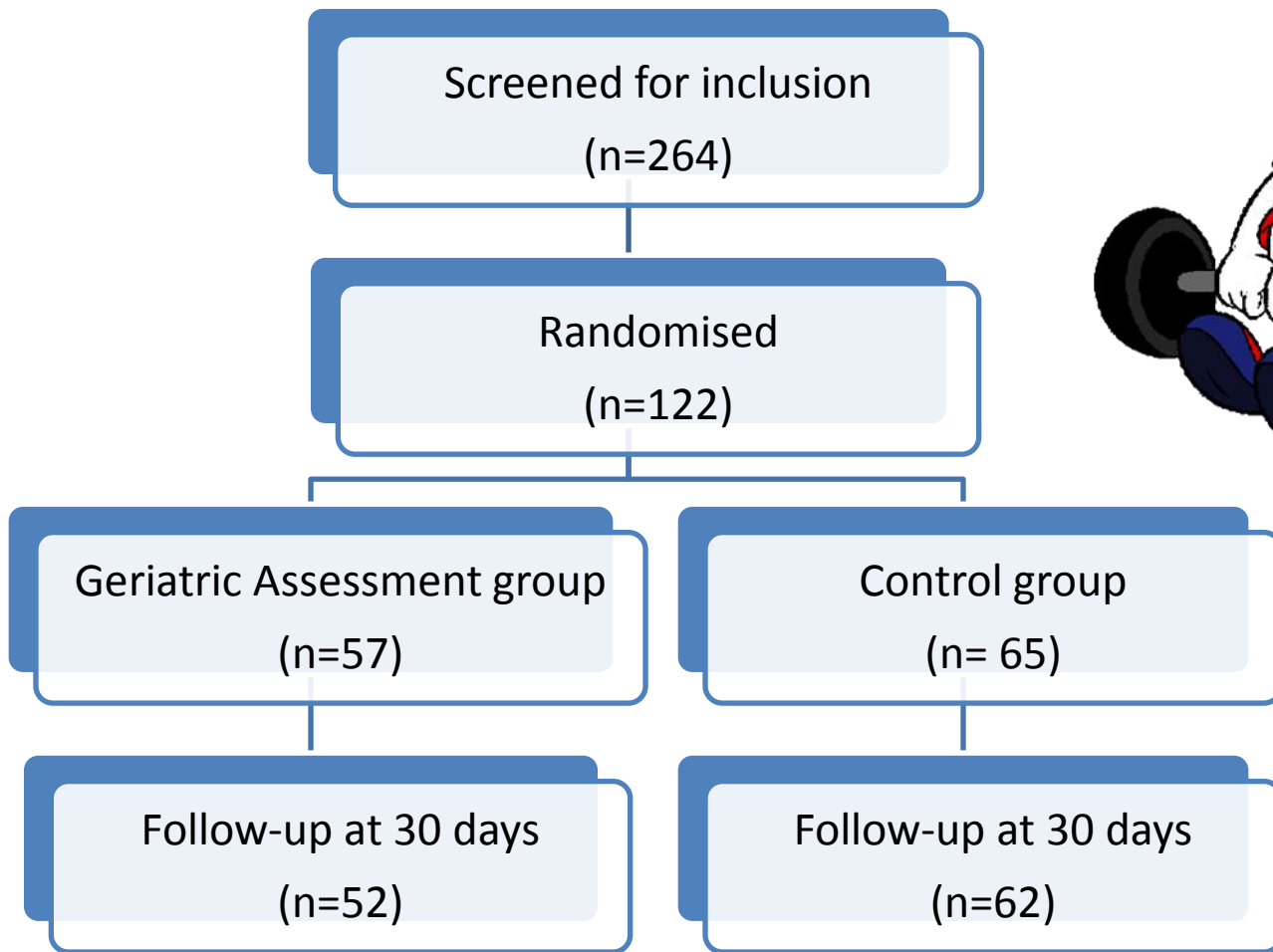
-> Randomised controlled trial

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Inclusion criteria

- I. Planned surgery
- II. Age 65+
- III. Frail



Geriatric Intervention

Domains:

1. Comorbidity
2. Medication
3. Functional status
4. Nutritional status
5. Cognitive function
6. Depression
7. Social/Family support



Tailored interventions

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Patient characteristics

		GA group (n=53)		Control group (n=63)	
		n	%	n	%
Age, Mean (SD)		78.2 (7.4)		78.8 (7.8)	
BMI, Mean (SD)		25.4 (6.0)		25.5 (4.4)	
Severe comorbidity		31	59	31	49
Dementia/cognitive impairment		3	6	6	10
Tumour location	Rectum	15	28	16	25
TNM stage	TNM 0	0		3	5
	TNM I	12	23	7	11
	TNM II	24	45	26	41
	TNM III	15	28	20	32
	TNM IV	2	4	7	11

Most frequent interventions

Type	N	%
Interventions		
Nutritional advice		
Prevention of delirium		
Exercise		
Increased medication		
Reduced medication		
Physical therapy		
Referred to/discussed with other health care professional		
No intervention		



Median time from CGA to surgery: 6 days

Postoperative complications, main results

	GA-group (n=53)		Control Group (n=63)		p
	n	%	n	%	
Complications grade I-V	40	76	55	87	0.10
Complications grade II-V	36	68	47	75	0.43
30-day mortality	2	4	3	5	0.79

Ommundsen N, Wyller TB, Nesbakken A, Bakka A, Jordhøy MS, Skovlund E, Rostoft S.
Preoperative geriatric assessment and tailored interventions in frail older patients with colorectal cancer. A randomised controlled trial.

Colorectal Dis. 2017 Jun 26.

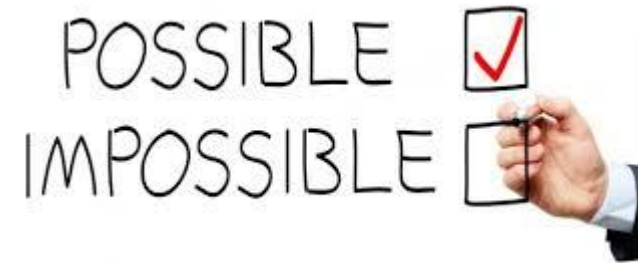
	GA-group	Control Group	p
Grade I	9 (17%)	21 (33%)	0.05
Grade II	31 (59%)	45 (71%)	0.14
Grade III	11 (21%)	8 (13%)	0.24
Grade IV	5 (9%)	5 (8%)	0.78
Grade V	2 (4%)	3 (5%)	0.79

Regression model for postoperative complications

	Unadjusted models		Adjusted model	
	OR	95% CI	OR	95% CI
Randomisation group				
Control	1			
GA	0.45	0.17-1.18	0.33	0.11-0.95
Age groups				
65-74	1			
75-85	2.04	0.51-8.16		
85+	0.86	0.28-2.68		
VES-13 score				
≤2	1			
>2	1.56	0.60-4.04	1.90	0.69-5.23
Surgery				
Laparoscopic	1			
Open/converted	1.02	0.38-2.70		
TNM stage				
0-II	1			
III	0.72	0.25-2.06	0.66	0.23-1.95
IV	0.36	0.08-1.67	0.27	0.05-1.36

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Research group:

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