



Prehabilitation is recommended for patients undergoing elective surgery with multiple comorbidities or significant deconditioning.

Class (Strength) of Recommendation	Class IIa (Moderate)
Level (Quality) of Evidence	Level B-NR (Non-randomized)

## Main Points

- Exercise is one component of an intervention that increases functional capacity, improves the health status, decreases sympathetic over-reactivity, improves insulin sensitivity, and increases lean body mass to body fat ratio.
- For cardiac surgery patients, prehabilitation may improve physical and psychological readiness for surgery.
- A cardiac prehab program should include nutrition optimization (N), exercise training (E), and anxiety (W for worry) reduction (also referred to as the 'NEW' approach).
- Prehab opportunities are limited by the urgency of surgery.
- More studies demonstrating a direct effect of improving functional capacity on operative outcomes are needed.

## Key References

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