



# EIAS PREHABILITATION MODULE

Empower better outcomes by standardizing prehab, improving care, and driving research.

## SUPPORT THE FUTURE OF PREHABILITATION

Prehabilitation is an evolving area of perioperative care with promising potential—but evidence is still emerging. The ERAS® Interactive Audit System (EIAS) Prehabilitation Module helps your team lead the way by:

- Standardizing care across patient pathways
- Embedding prehabilitation directly into clinical workflows
- Collecting high-quality, structured data for personalized care and research
- Supporting future guidelines through real-world evidence

## WHY INTEGRATE PREHABILITATION IN THE SURGICAL PATHWAY?

- 1 in 3 surgical patients face preoperative vulnerability (frailty, malnutrition, anxiety)
- Studies show a positive impact with improved recovery, fewer complications, and reduced hospital stay.
- Endorsed in Enhanced Recovery After Surgery (ERAS®) and major surgical fields.

## KEY BENEFITS FOR YOUR CLINICAL TEAMS



### Coordinated, Multidisciplinary Care

- Supports collaboration across physicians, nurses, physiotherapists, dietitians, psychologists
- Unified patient data accessible to all care team members within the EIAS ecosystem



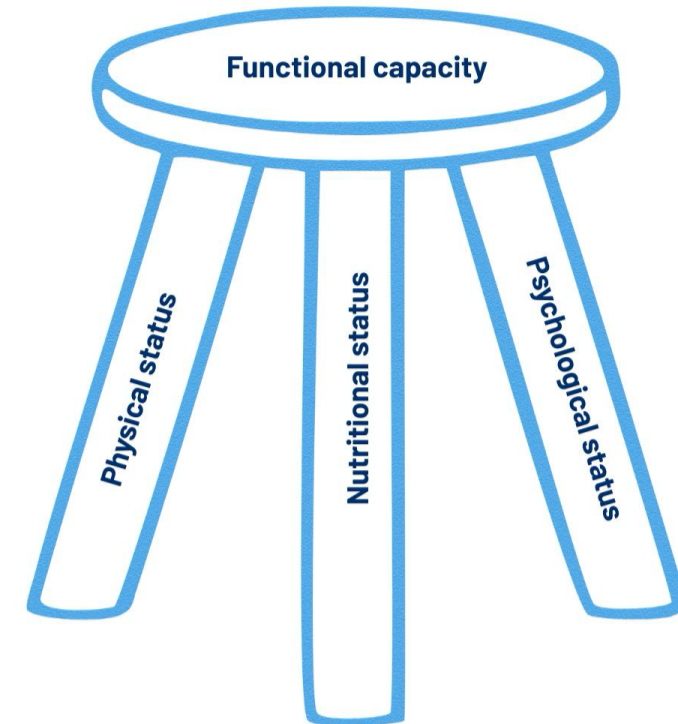
### Time-Saving and Data-Driven

- Structured data collection for consistent reporting
- All prehabilitation data in one place as well as patient outcomes
- Ready-to-use elements for building a structured evidence base

## COMPREHENSIVE, STRUCTURED DATA COLLECTION

Organized into four structured sections for complete visibility:

- **General:** Foundational investigations to enable implementation of the three clinical components of prehabilitation
- **Nutrition:** Screening, interventions, nutritional intake tracking
- **Physical Conditioning:** Assessments, activity plans, exercise logs
- **Psychological Management:** Anxiety assessment and control plan



Track the full prehabilitation journey – from eligibility and planning to execution and recovery – to evaluate what works best for which patients.

Prehabilitation may be a strategic intervention that utilizes the waiting period before surgery to optimize the physical, metabolic, and mental condition of high-risk cancer patients.

Reference: Minnella, E.M., Gillis, C., Edgar, L., Carli, F. (2020). Prehabilitation. In: Ljungqvist, O., Francis, N., Urman, R. (eds) *Enhanced Recovery After Surgery*. Springer, Cham. [https://doi.org/10.1007/978-3-030-33443-7\\_10](https://doi.org/10.1007/978-3-030-33443-7_10)

## DRIVE PERSONALIZED & POPULATION-LEVEL IMPROVEMENT

- Follow patient cohorts and compare outcomes across time
- Identify trends and fine-tune protocols for maximum clinical impact
- Contribute to multicenter research and emerging prehabilitation guidelines

