

All items from the World Health Organization Trial Registration Data Set

Data category	Information
Primary registry and trial identifying number	ClinicalTrials.gov NCT02934230
Date of registration in primary registry	August 22, 2016
Secondary identifying numbers	Not Applicable
Source(s) of monetary or material support	International Anesthesia Research Society The University of Ottawa Department of Anesthesiology and Pain Medicine
Primary sponsor	The Ottawa Hospital Research Institute
Secondary sponsor	Investigator-led, Dr. Daniel McIsaac
Contact for public queries	DM, dmcisaac@toh.ca
Contact for scientific queries	DM, dmcisaac@toh.ca
Public title	The Prehabilitation Study: Exercise Before Surgery to Improve Patient Function in People
Scientific title	The Prehabilitation Study: Exercise Before Surgery to Improve Patient Function in People
Countries of recruitment	Canada
Health condition(s) or problem(s) studied	Cancer, Frailty
Intervention(s)	Exercise prehabilitation
Key inclusion and exclusion criteria	Ages eligible for study: ≥ 60 years Sexes eligible for study: both Accepts health volunteers: no
	Inclusion criteria: adult patient (≥ 60 years), elective surgery for intraabdominal or thoracic cancer, Clinical Frailty Score ($\geq 4/9$)
	Exclusion criteria: unable to communicate in written or oral form in official languages serviced by The Ottawa Hospital (English or French), unwilling to participate in home-based exercise prehabilitation, major cardiac risk factors, scheduled to undergo surgery in fewer than 3 weeks from randomization
Study type	Interventional
	Allocation: randomized intervention model. Parallel assignment masking: double blind (investigator and outcome assessors)
	Primary purpose: prevention
Date of first enrolment	January 19, 2017
Target sample size	200
Recruitment status	Recruiting
Primary outcome(s)	Postoperative functional capacity (6-Minute Walk Test)
Key secondary outcomes	Functional mobility, patient-reported health related quality of life and disability free survival