Prehabilitation for surgery patients
Pilot program involving 21 Michigan hospitals proves value

Empower patients
Frail patients can benefit physically from “training” for surgeries and taking charge of their outcomes.

Modify behavior
Key behaviors targeted are smoking, exercise, breathing and stress-management.

Improve outcomes
Hospital stays were shorter, costs were lower, correlating with better outcomes.

Pivot for surgeons, systems
Surgeons didn’t go into this business to talk to people about smoking cessation, so we have to build infrastructure around it.

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-Dr. Michael Englesbe

Michael Englesbe, MD, FACS
Professor of Surgery
January 28, 2020

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