

## THE POP TEAM



*"The expertise of the team helped me to participate actively in the program."*

*"Thanks to your preparation program I came out of surgery very fast."*

*"I consider myself very fortunate to be one of the participants of your "prehabilitation study". I have benefitted immensely from the collective hard work of all your team members. It has helped me to withstand the stress and fear associated with pre-and post-surgery."*

*"Dr. Francesco Carli and his team are so friendly, sincere, supportive, interested in you, answering all questions."*

*"I will be forever grateful for the preparation for my upcoming surgery."*

*I am grateful to have found this 'phenomenal' program. I was blessed to have been able to participate in 'POP'."*

*- Patients' quotes*

## HOW TO JOIN US

**We invite you to participate in our POP program of prehabilitation. Please contact:**

**Dr. Francesco Carli**

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**Rashami Awasthi**

Research Coordinator and Head  
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**Chelsia Gillis**

Consulting Nutritionist

**Hamza Qureshi**

Kinesiologist (MGH)

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Nutrition (MGH)

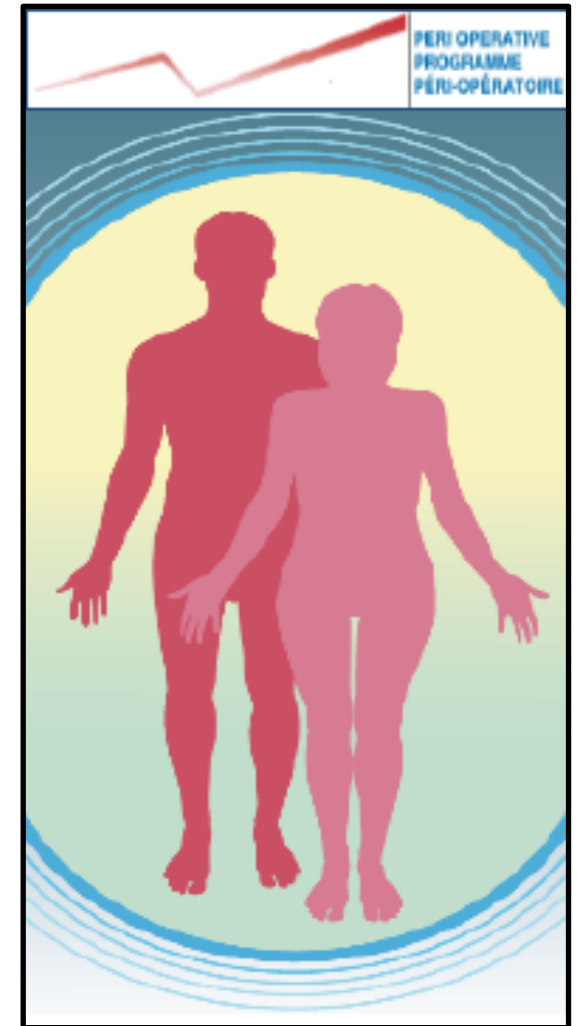
**Ibby Shuster/Linda Edgar**

Relaxation therapists (MGH)

**Peri Operative Program (POP)**

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[prehabilitation.ca](http://prehabilitation.ca)



## Colorectal Surgery

**Multimodal Intervention  
Before Surgery to  
Enhance Functional  
Recovery For  
Elderly Patients**



## Our program

We recognize that you might be having trouble with your daily activities and are now facing the stress of major surgery. You might be losing weight, feeling tired, not eating as well as you used to and are anxious about the upcoming surgery. At POP, we have a program to help you regain some of your strength, help you eat better and manage any anxiety you might have about your upcoming surgery.

By participating in the POP program, you will receive:

- A personalized and supervised exercise program with a kinesiologist;
- A nutrition consultation with a nutritionist and protein supplementation according to your needs;
- A psychological consultation to help reduce stress and anxiety before the procedure;
- Support from the whole POP team.

## Why the POP Program

Research has been done suggesting that a special diet, psychological support and exercise can help accelerate recovery after surgery. Standard pre- and post-operative care in this institution does not include these components. By participating in the POP

program, you will benefit from these extra services and care at no fee.

## Program procedures

Patients will be asked to come to the POP lab for 3-4 visits (scheduled at your convenience) for the following measurements:

- Exercise capacity: walking test, grip strength;
- Body composition assessment;
- Questionnaire about general health and emotional status;
- Nutritional assessment;
- Small blood sample.

In addition to the 3-4 visits, a kinesiologist will schedule supervised exercise sessions either before or after surgery either at home or in our gym.

## Additional information

There are minimal risks in participating in the POP program. We cannot guarantee the benefits but we hope that the information and care you get from the program will benefit you.

All information about you will be kept strictly confidential.

Your participation is voluntary.



## Want more information

You are always welcome to call us or come visit us on the 10th floor (L10.105) to ask more information about the program. Come meet the wonderful team!

## About the Peri Operative Program (POP)

**Peri Operative Programme Péri-Opératoire (POP)** is a charitable foundation, founded by Dr. Francesco Carli, to develop an innovative program to facilitate post-surgical recovery.

POP's mission is:

1. To help optimize patient's functional and mental capacity to withstand the challenges of surgery and recovery.
2. To promote research into pre-habilitation and rehabilitation by identifying innovative therapeutic strategies that would help patients to return faster to normal activities, thus making fewer demands on medical resources.

POP's multidisciplinary team of surgeons, anesthesiologists, internists, nurses, physio-therapists, exercise physiologists, nutritionists and psychologists provides individualized care to our patients.

The long-term purpose of POP is to establish:

1. Cutting-edge pre- and post-operative care programs available to patients undergoing surgery and staffed with a highly trained, interdisciplinary team of health practitioners.
2. An international training center for the delivery of optimal perioperative care.

Central to this program is the development of patient-centered therapeutic strategies and multidisciplinary interventions. The aim is to empower patients, as well as their caregivers, to take an active role in ensuring the best possible recovery after surgery.