



Prehabilitation.

Level of Evidence	Low
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Consensus Statement

Multicomponent prehabilitation may be considered to optimize patients prior to nonurgent cardiac surgery.

Main Points

- Multicomponent prehabilitation may include education, nutrition optimization, exercise training, psychological support, and social support before nonurgent surgery.
- The goal is to improve physiologic reserve and emotional readiness, especially in older, frail, or nutritionally vulnerable patients.
- Available studies suggest possible benefits in postoperative complications, pulmonary function, and exercise capacity, but protocols remain variable.

Key References

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