Conclusion Cooperation of our patients and techniques provide successful treatment planning and delivery while reducing radiotherapy dose to the organs at risk. This approach significantly reduces the level of anxiety, helps patients trust and cooperate with staff, complete treatment without interruptions and an overall better outcome.

**Methodology** In this multicentre non-inferiority trial, 316 women from 42 hospitals with FIGO stage IA/B endometrial cancer were randomly allocated to reduced FU (n=160) or usual FU care (n=156). The women completed questionnaires at baseline (after surgery), and after 6, 12 and 36 months. The primary outcome was satisfaction with care (PSQ-III) with a predefined noninferiority margin of 6 points (range 0–100). Mixed linear regressions were used.

**Results** 299 (95%) women completed the questionnaire at baseline; 291 (92%) at 6-months; 272 (86%) at 12 months and 222 (70%) at 36 months. During three years after treatment, women in the reduced FU group had a median of 3.5 [IQR 3.0–5.0] visits with their specialist/nurse compared to 7.0 [IQR 6.0–9.0] visits for women in the usual FU group. Overall satisfaction with care was similar in the reduced FU (M=82;SD=15) and usual FU (M=82;SD=13) group. At 6, 12 and 36 months, more patients (93/94/90%) in the reduced FU arm were satisfied with their FU schedule than patients in usual FU arm (79/78/82%). Nine women in the reduced FU group and five in the usual FU group developed a recurrence (n.s.).

**Conclusion** Women receiving reduced follow-up care were just as satisfied with their care as those receiving follow-up care according to Dutch guidelines. Compared to usual care, women in the reduced care group had fewer medical visits and, at the same time, more often reported being satisfied with this reduced frequency.

**Introduction/Background** The aim of the study was to assess the efficacy of prehabilitation program based on six-minute walking test (6MWT) introduced to ovarian cancer patient.

**Methodology** 52 ovarian cancer patients FIGO III were included in the study. Participants were randomly assigned to controls (n=24) and prehabilitation group (n=28). 3 weeks before surgery, prehabilitation group were tested for Muscle Action Potential (MAP) using LUNA EMG and with 6MWT (to calculate VO2max), and were instructed to perform physical training at home. All patients were assessed one day before surgery – laboratory tests, LUNA, and 6MWT were performed. Changes in MAP and VO2max were used as objective measurement of compliance with physical prehabilitation. Mean time to resume physical activity, hospital duration and peri/postoperative complication rate were analyzed.

**Results** The mean age in prehabilitation group and controls was 58.2±11.7 vs 59.2±12.1, respectively. No significant difference between groups in VO2max measured one day before surgery was noted – 15.3 vs 14.8 mL/kg·1·min-1, respectively. The mean maximal MAP (LUNA) was 144.8 mV and 87.4 mV, respectively. The mean hospital stay was 5.89±2.9 and 8.43±3.5 days, respectively (p=0.003). The mean time to start physical activity was 9.9±6.5 vs 16.1±9.1 hours, respectively (p=0.02). 2 patients from prehabilitation group were sent to intensive care unit postoperatively vs 3 in controls.
Readmission to hospital was required in 1 vs 3 women, respectively. All differences were not significant. In prehabilitation group LUNA results and VO2max measured at the beginning of prehabilitation and one day before surgery showed statistically significant improvement: 100.8 mV vs 144.8 mV and 14.7 vs 15.3 mL/kg-1·min-1, respectively (p=0.04 and p=0.01).

Conclusion Introducing the prehabilitation program reduces duration of hospital stay with no major influence on pre and postoperative complications. LUNA and 6MWT (VO2max) may serve as indicator for compliance with physical prehabilitation in ovarian cancer patients.

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PREDICTIVE MODEL OF SEVERE COMPLICATIONS IN PATIENTS WHO UNDERWENT AN OPEN GYNECOLOGICAL CANCER SURGERY ON AN ENHANCED RECOVERY AFTER SURGERY (ERAS) PROGRAM

1Diletta Funagalli, 2Tommaso Grassi, 3Luca Bazzurini, 1Tommaso Bianchi, 1Chiara Procaccianti, 3Mauro Angelo Gili, 1Gianpaolo Di Martino, 2Gastone Trezzi, 2Francesca Vecchione, 2Maria Letizia Di Mei, 2Benedetta Zambetti, 2Desirée de Vicari, 2Valer Torri, 2Fabio Landoni, 1University of Milano-Bicocca, Milano, Italy; 2San Gerardo Hospital – Gynecology Unit, Monza, Italy; 3San Gerardo Hospital – Anesthesia and Intensive Care Unit, Monza, Italy; 1Department of Oncology, Istituto di Ricerche Farmacologiche Mario Negri IRCCS, Milano, Italy

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**Abstract 2022-RA-760-ESGO Figure 1**

**Introduction/Background** Enhanced Recovery After Surgery (ERAS) is a global multimodal perioperative care initiative designed to achieve early recovery after major surgery. Our primary objective was to analyze the postoperative outcomes after open gynecological cancer surgery on an ERAS program and to design a predictive model of severe complications after surgery.

**Methodology** We retrospectively reviewed patients undergoing open surgery for suspected gynecological malignancy and managed according to the ERAS guidelines from January 1st, 2019 to December 31st, 2019, at a tertiary-care center in Monza, Italy. Surgical Complexity Score (SCS), Clavien-Dindo Classification (CDC) of complications and a Comprehensive Complication Index (CCI) were applied for each patient. Association between patient-, disease- and surgical-variables and severe postoperative complications (defined as CCI ≥26.2 events) were estimated using a uni- and multivariable logistic regression model. Factors associated with severe postoperative complications were used to construct a predictive model and nomogram.

**Results** One hundred and fifty-eight patients who underwent an open surgery were included in the study: 86 ovarian, 28 cervical, 39 uterine and non-gynecological cancers. Overall, 8.2% of patients experienced a CDC grade III-A-V complication, while 13.3% had a CCI ≥26.2. The median CCI was 8.7 [IQR 0–20.9]. Cancer type, number of comorbidities, blood loss during surgery and SCS were independent predictors of severe postoperative complications after open gynecological cancer surgery.

**Conclusion** The application of an ERAS program in open gynecological cancer surgery is safe and results in an acceptable complication rate. The risk of severe postoperative complications may be predicted using our risk-model. This may help the clinician in personalizing care for each patient. Further prospective evaluations of this model are needed.