prehabilitation. Furthermore, 40% reported feeling more physically capable after prehabilitation, vs. 56% who felt the same, and 4% felt less physically capable. Furthermore, 59% reported feeling mentally strengthened by prehabilitation, 37% reported the same level as before, and only 3% reported feeling worse.

**Conclusion** Preliminary results suggest that patients seem to respond well to a trimodal prehabilitation program. The overall package seems best received, followed by physical fitness and nutrition advice. A lot of patients report feeling physically more capable, as well as mentally strengthened after prehabilitation.

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**ALL WALES OVARIAN CANCER PREHABILITATION PROGRAMME**

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**Introduction/Background** The aim of the All Wales Ovarian Cancer Prehabilitation Project (AWOCPP) was to develop and deliver a standardised, personalised, multimodal framework of prehabilitation to all patients being offered surgery for advanced ovarian cancer in Wales.

The benefits of prehabilitation prior to surgery are well documented. Collaborative guidance from Macmillan, the Royal College of Anaesthetists and the NIHR states that 'prehabilitation should be integral in the management and support of patients diagnosed with cancer'.

**Methodology** The objectives were to, develop an evidence based framework of prehabilitation to standardise delivery and provide equality of care to all patients across Wales and to assess the impact the program had on patient outcomes, specifically; length of stay in hospital, post operative complications and surgery to chemotherapy interval (SCI).

All patients with stage 3 or 4 ovarian cancer were identified at MDT who were to be scheduled for primary cytoreductive surgery or interval cytoreductive surgery and were invited to take part in AWOCPP.

The programme consisted of a baseline appointment prior to commencement of treatment, to assess patients requirements and refer to appropriate AHPs. There were additional follow up appointments, at pre-operative time point and at the end of treatment. Please see attached image for prehabilitation pathway.

**Results** On average the length of hospital stay following surgery in Wales reduced from 7.8 days (National Ovarian Cancer Audit 2019) to 5.6 days. 2 out of 3 cancer sites in Wales saw a reduction in surgery to chemotherapy interval time. There was no change in complications rates. Patient feedback forms demonstrated patients found AWOCPP acceptable and a manageable part of their treatment plan.

**Conclusion** We have demonstrated a significant reduction in hospital stay for patients who participated in AWOCPP when compared to historical data, that the programme is feasible and will mean significant cost saving and improved patient experience.

**Disclosures** None

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**PREDICTORS OF PSYCHOLOGICAL DISTRESS IN TUNISIAN WOMEN UNDERGOING CHEMOTHERAPY FOR GYNAECOLOGICAL CANCER**

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**Introduction/Background** Cancer threatens human well-being and causes physical and psychological distress. We aimed to evaluate anxiety levels in newly diagnosed gynaecological cancer patients in day hospital and to investigate predictive factors.

**Methodology** This is a cross-sectional study of 101 patients undergoing chemotherapy in the day hospital, conducted between January – April 2023. A questionnaire was delivered to patients. Patients were evaluated for psychological status using the STAI-Y1 scale. Scores were grouped as follows: >