

## APPENDICES

### Appendix B. Table of Events and Measures

Criteria	Measure	Baseline	1 to 2-days Prior to Surgery	Discharge Day	4-weeks Post-op	8-wks post-op
<b>Informed Consent</b>		X				
<b>Randomization</b>		X				
<b>PROMS<sup>1</sup></b>						
Technology Use	Survey	X				
Frailty	EFS-Score <sup>2</sup>	X				--
HRQOL	SF-36 v1	X			X	X
Satisfaction w/ optimization	Survey	--	X			
Prehab Adverse Events (AE) Form			X			
<b>Clinical Status</b>						
Health status	Comorbid conditions	X				
Hemoglobin		X				
Serum Creatinine		X				
Serum Albumin		X				
<b>Engagement Metrics</b>						
Days to Optimize	# Days baseline to surgery date		X			
Optimization Engagement <sup>3</sup>	Proportion of available days logged in Webapp vs. recorded on paper diary		X			
<b>Discharge</b>						

<sup>1</sup> PROM – Patient-reported outcome measures

<sup>2</sup> EFS – Edmonton Frailty Scale score – can use either modality of bedside version for in person pre-surgical consult visit with surgeon or can use acute care version for telehealth visit

<sup>3</sup> Optimization engagement is calculated as a proportion (#days engaged in activities / maximum #days eligible to optimize). Usual Care with written materials (UC) participants will be prompted by the onsite Clinical Research Coordinator to return their paper diary. Paper diary metrics will be entered into REDCap database for calculation of their optimization intensity. For the PrehabPal Webapp intervention arm, the engagement metric will be calculated in the Webapp.

Criteria	Measure	Baseline	1 to 2-days Prior to Surgery	Discharge Day	4-weeks Post-op	8-wks post-op
ASA <sup>4</sup>				X		
Length of stay (LOS)	Time from surgery to discharge date			X		
Surgical Incision	Open, laparoscopic			X		
Type of Surgery	Pick list of procedure types			X		
Stoma creation <sup>5</sup>	Yes / No			X		
Tumor state	Pathology report				X	
Discharge location				X		
4-Weeks Post-Op						
Post-op complications	30-day chart review				X	
Readmission rate	30-day chart review				X	
ED <sup>6</sup> visit	30-day chart review				X	

<sup>4</sup> ASA – American Society of Anesthesiologists Physical Status Classification System  
<sup>5</sup> Stoma creation as recorded on the operative report or discharge summary  
<sup>6</sup> ED is emergency department visit/encounter.