

# Visual Abstract Instructions

- Visual abstracts should read top to bottom or left to right.
- We ask that abstracts be 8" wide x 5" tall; the template is set to these dimensions.
- Save and send as a PowerPoint file only.
- Use the fonts sizes and styles provided on the next slide. Do not use all caps.
- Use the sample colors provided on the next slide.
- Be sure you have rights to the icons you use, or have included proper attribution as specified by the source site. The Noun Project (<https://thenounproject.com/>) offers a wide selection of free icons for use with proper attribution, or allows unlimited unattributed use for \$1.99 per icon. We do not cover icon costs. Suggested formatting of attribution information is in the template.
- Google "visual abstracts" to see common layout examples. Please aim for simplicity.
- Please note that all information you wish to present must be included on one slide. Additional text or notes will be discarded.

# Design Element Guide

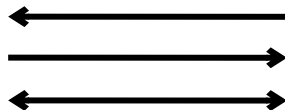
Please use slide 3 to create your visual abstract.

Use this font for small labels (Arial 16 pt)

Use this font for medium labels (Arial 18 pt)

Use this font for large labels/titles (Arial 20 pt)

Preferred arrow style



Preferred color samples



# Effects of Prehabilitation on Frailty and Survival in Advanced Liver Disease

## Background and Methods

517 ESLD Patients



Age

61 (53-66)



BMI

30 (25-34)



Male

59%



MELD

12 (8-16)

Frailty assessed by a dedicated PT:

- Liver frailty index (LFI)
- 6-minute walk test (6MWT)
- Gait speed test (GST)



## Intervention



Frail



Pre-frail



Robust (continued prior exercise regimens)

Provided individualized exercise prescriptions

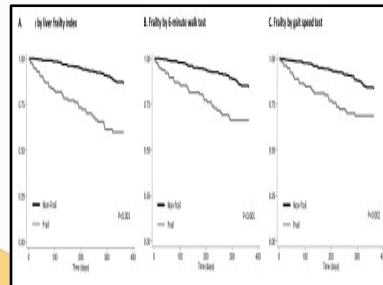


Follow-up PT visits:

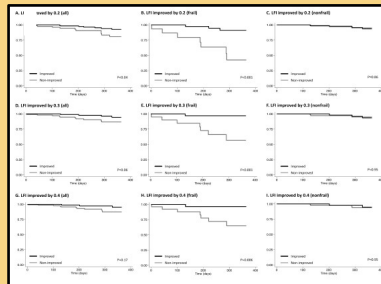
Every 1-3 months with frailty assessment and self-reported adherence to exercise prescription

## Findings

1) Frailty by LFI was associated with decreased survival



3) LFI improvement by  $\geq 0.3$  led to increased survival in univariate analysis



2) Prehabilitation led to significant improvement in LFI and 6MWT, especially in adherent patients

LFI 6MWT GST



4) Compliance with PT visits was associated with improved mortality

	Multivariable HR (95%CI)	
	Model 1 <sup>a</sup>	Model 2
Frailty by LFI	3.47 (2.06-5.84)	3.03 (1.96-4.68)
Frailty by 6MWT	1.67 (0.92-3.06)	---
Frailty by GST	1.03 (0.55-2.26)	---
Age	---	1.03 (1.01-1.06)
Albumin	---	0.57 (0.40-0.82)
MELD	---	1.09 (1.05-1.12)
Number of PT visits		
1 visit	---	Reference
2 visits	---	0.35 (0.18-0.67)
$\geq 3$ visits	---	0.54 (0.31-0.94)