



THE IMPACT OF FAST-TRACK PROTOCOLS ON FUNCTIONAL RECOVERY AND QUALITY OF LIFE IN ONCOGYNECOLOGY

B. S. Muminov

Syrdarya Branch of the Republican Specialized Scientific and Practical Medical Center of Oncology and Radiology

Abstract

This study evaluates the effectiveness of Fast-track protocols in improving postoperative functional recovery and quality of life in patients with tumors of the female reproductive system. A total of 103 patients who underwent surgical treatment were included in the study and divided into two groups: 49 patients managed according to Fast-track principles and 54 patients treated using the standard approach. The Fast-track program included preoperative carbohydrate loading, respiratory exercises, thromboembolism prophylaxis, early physiotherapy, and active patient participation in the treatment process, allowing for individualized rehabilitation.

Functional status was assessed using the ECOG scale, time to independent self-care, and the EQ-5D quality of life index. The results demonstrated significantly faster recovery in the Fast-track group, with earlier transition to ECOG 0–1 status (3.9 ± 1.0 days vs. 6.4 ± 1.3 days), earlier independent ambulation (postoperative day 2 vs. day 4), and higher EQ-5D index scores (0.82 ± 0.05 vs. 0.69 ± 0.07) compared to the control group.

The findings indicate that the implementation of Fast-track protocols significantly accelerates postoperative functional recovery and improves quality of life in oncogynecological patients. Wider integration of this approach into clinical practice may enhance patient rehabilitation outcomes and promote faster social reintegration.

Keywords: Fast-track protocols, functional recovery, quality of life, ECOG scale, EQ-5D index, early mobilization, comprehensive rehabilitation, oncogynecological patients.



Introduction

In patients with tumors of the female reproductive system, the evaluation of treatment outcomes involves not only oncological control but also the rate of postoperative functional recovery and quality of life. Prolonged immobilization, pain, and asthenic conditions negatively affect patients' social activity. From this perspective, Fast-track technologies are considered a modern approach that enables early mobilization and accelerates rehabilitation.

Objective:

The aim of the study was to comparatively assess postoperative functional recovery and quality of life indicators following the implementation of Fast-track protocols.

Materials and Methods:

The study included 103 patients who underwent surgical treatment. The main group consisted of 49 patients managed according to Fast-track principles, while the control group included 54 patients treated using the standard approach. In the main group, a комплекс of measures was implemented, including preoperative carbohydrate loading, respiratory exercises, thromboembolism prophylaxis, early physiotherapy, and ensuring active patient participation in the treatment process. This approach allowed for individualized rehabilitation. Functional status was assessed using the ECOG scale, time to self-care independence, and quality of life was evaluated using the EQ-5D index.

Results:

In the Fast-track group, transition to ECOG 0–1 status was observed on average by day 3.9 ± 1.0 , which was significantly earlier compared to 6.4 ± 1.3 days in the control group. Independent ambulation in the main group was achieved as early as the second postoperative day, whereas in the control group it occurred on the fourth day. The EQ-5D index in the Fast-track group was 0.82 ± 0.05 , higher than 0.69 ± 0.07 in the standard treatment group, indicating improved subjective well-being of patients.



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Conclusion:

The use of Fast-track protocols in tumors of the female reproductive system accelerates postoperative functional recovery and significantly improves patients' quality of life. The wider implementation of this approach in oncogynecological practice may contribute to faster social reintegration of patients.