

Information request about Prehabilitation Services

Q1)a) Do you currently offer any prehabilitation services to patients undergoing surgery within your trust?

Yes No (if no, please go to question 8)

b) If Yes, which specialties currently are offering prehabilitation to patients prior to surgery?

Orthopaedics

Colorectal

Upper Gastrointestinal

Vascular

Cardiothoracic

Other (please state)Head & Neck, Bloods, Lung Cancers.

c) In what year were these services established?

Pilot programme commenced 2021 for one year funded through Stars Appeal for colorectal, Urology and head and neck cancers. Main service started April 2022 offered to all cancers.

d) If known, how many patients in total have gone through a prehabilitation programme to date?

30 since April 2022

Q2) In your trust, In the year prior to covid (Jan – Dec 2019) how many patients participated in a dedicated prehabilitation program prior to surgery? – **N/A**

- 0 – 24
- 25 – 49
- 50 – 74
- 75 – 100
- > 100

Q3) What components of prehabilitation are currently offered to patients prior to surgery within your trust and how are they delivered?

Medical/Behavioural Optimisation (e.g., Smoking cessation, alcohol reduction)

Offered? Yes No

Provided in Hospital face to face

Hospital remote

Community

Please describe what medical optimisation components are offered.

Physician review

- Smoking cessation
- Alcohol intake review
- Other (please state)

Physical Exercise

- Offered? Yes No
- Provided in Hospital face to face
- Hospital remote
- Community

Role of Healthcare professional providing exercise program? (eg. Physio, Nurse, Doctor)

Exercise professionals using the onsite leisure centre

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Frequency of contact with health care professional?

- Daily,
- 2-3 times a week,
- **Once a week - Once every 1-2weeks depending on patient/time to treatment**
- Once every 2-3 weeks,
- Once a month,
- Less than once a month

Nutritional Support

Please describe type of exercise prescribed.
 Gym or home exercise plan set. Revise what the patient is currently doing/lifestyle changes. Combination of cardiovascular, resistance and relaxation/stretching.

- Offered? Yes No
- Provided in Hospital face to face
- Hospital remote
- Community

Role of Healthcare professional providing exercise program? (e.g. Dietitian, Nurse, Doctor)

Exercise professionals giving general healthy diet advice, referral to Dietitian in case of malnutrition risk

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Frequency of contact with health care professional?

- Daily,
- 2-3 times a week,
- Once a week ,

- Once every 2-3 weeks,
- Once a month,
- Less than once a month

Psychological Support

Offered? Yes No

Provided in Hospital face to face

 Hospital remote

 Community

Role of Healthcare professional providing psychological support? (e.g. Dietitian, Nurse, Doctor)

Cancer Support Worker level 2/3 psychology assessment skills trained, can manage generalised anxiety, low mood, referral to clinical psychology team if psychological support needed for patient to access treatment (e.g. needle phobia etc)

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Frequency of contact with health care professional?

- Daily,
- 2-3 times a week,
- Once a week,
- Once every 2-3 weeks, - dependent on patient need
- Once a month,
- Less than once a month

Other

Please describe any other components of prehabilitation offered by your trust.

Plans for setting up Prehabilitation groups

Q4) How long do patients undergo prehabilitation prior to surgery within your trust?

Average _____ 1 month _____ weeks _____ days

Q5) What outcome measures are collected on the efficacy of the prehabilitation program that your patients undertake prior to surgery? (please detail below)

Fitness test depends on ability of patient but could be sit-to-stand, 5min bike/walk test, hand grip strength.

Holistic Needs assessment, HAD scale, fatigue symptom inventory, patient satisfaction questionnaire

Q6) Does the prehabilitation program that that your patients undertake prior to surgery involve the use of digital technologies to augment the program? (e.g., Digital apps, wearable fitness trackers)

Digital apps to measure steps usually recommended to patients.

Q7) What effect has the covid-19 pandemic impacted your service?

- No impact
- Services suspended
- Adaptation of existing service (eg. Change to remote service from face to face)
Made us realise that not all follow-up appointments need to be F2F, and at times a check up by phone and/or email is sufficient.

Q8) Are there any plans to implement a prehabilitation service prior to surgery within your trust in the next year in any of the following specialities?

- Orthopaedics
- Colorectal Already being offered
- Upper Gastrointestinal Already being offered
- Vascular
- Cardiothoracic
- Other (please state)