

The Cancer Therapy Team



The Cancer Therapy team are here to support you in managing your cancer, the symptoms related to your cancer, and its treatment.

We listen to your personal goals and concerns and aim to provide one or more of the following interventions: advice, guidance, equipment, and exercises. This will help you manage any symptoms related to your cancer or treatment and enable you to feel more in control of your physical and mental health.

The Therapy Team at Salisbury Foundation Trust, consists of:

- **Exercise Instructors** – who design and offer a personalised exercise programme to prepare for, and recover from, surgery and/or treatments.
- **Occupational Therapists** – support you to maintain your independence in tasks of daily living and in the activities that matter to you. This can include equipment, goal setting and education on how to manage your symptoms and improve your quality of life.
- **Physiotherapists** – who provide advice, strategies, and exercises to help you manage daily tasks, and improve physical health.

Please see the 'Cancer Support Team Roles' leaflet in your information pack for full details of what each of the above

What is Prehabilitation and Rehabilitation?

Prehabilitation and Rehabilitation is the work done to improve your physical and mental health before (Prehabilitation), during, and after (Rehabilitation) your cancer treatment.

Scientific research has shown that Prehabilitation has many benefits

that can include quicker recovery after surgery, improvements in tolerance to treatment, and enhances quality of life, confidence, and wellbeing.

At any stage of your cancer, the team will focus on three key areas:

- Exercise
- Nutrition
- Psychological support

They aim to put you in the best place possible to manage your cancer and its treatment and maintain your quality of life, as much as is possible.

Exercise:

Exercise is essential to help you maintain your physical and mental health, and to maintain your quality of life.

If it is felt you would benefit from support with your physical health, you can be referred to one of our Exercise Instructors and/or Physiotherapists and Occupational Therapists.

When you are contacted, we will discuss with you 'what matters to you' and help you in one of the following ways depending on your needs:

- Advice on maintaining activity and where to find additional support and advice on the internet.
- A consultation with one of our Exercise Instructors to look at your exercise regime and motivation, with the aim of providing a tailored exercise programme looking to achieve your personal goals and improve your mental wellbeing.

- We will aim to include exercises to improve your cardiovascular fitness and muscular strength with the target of reaching guidelines of 150 minutes of moderate activity or 75 minutes of strenuous activity per week, but will work with any symptoms you are managing due to the cancer (eg. fatigue). We can also give advice on any other cancer-related symptoms you may be having.
- A consultation with one of our Therapists (Occupational Therapists or Physiotherapists), who can discuss your goals with you. They can then provide any combination of the following: advice, help with managing symptoms such as fatigue, exercises, equipment, and support to help you to be more independent in your daily life and to improve your physical and mental wellbeing.

We can also provide advice on smoking and drinking cessation or reduction if you feel that this is something you would benefit from.

Nutrition:

Good nutrition is especially important because both the illness and its treatment can change the way you eat, and this can have a negative impact on eating well. Therefore, continuing to eat well will help you to:

- Feel better.
- Keep up your strength and energy.
- Maintain your weight and your body's store of nutrients.
- Better tolerate treatment-related side effects.
- Lower the risk of infection.
- Heal and recover faster.

- Improve your quality of life.

All our Exercise Instructors and Therapists can provide some advice and support if you are struggling with your appetite and diet.

If you are struggling to eat well and are losing weight or are malnourished, you might be referred to one of our Oncology Dietitians.

Oncology Dietitians can provide strategies and support to help you optimise your nutritional intake. They will assess what nutritional advice you may need, develop together with you a personal plan which may include special nutrition such as nutritional supplements.

To access the evidence based online nutritional tool 'Eat Well with Cancer', visit www.cancermatterswessex.nhs.uk/eating-well-with-cancer . This information will support and help you with monitoring your weight and provide you with practical advice about eating well with cancer

Psychological Support:

Being diagnosed with cancer and going through cancer treatment can take a toll on you and your loved one's mental wellbeing.

All our Exercise Instructors and Therapists are trained to provide some support if you feel that the cancer or the symptoms of cancer and its treatment are affecting your emotional health. The Cancer Support Workers are also key people to support you with your wellbeing.

If it is felt that this impact is affecting your ability to maintain your quality of life, then we may be able to refer you to one of our clinical psychologists for further support.

Programmes on offer to support you:

For full details on any of the following, please speak to your Cancer Support Worker. Please note, the list below may change over time.

Wellbeing programme for cancer patients

The course runs over 6 weeks, with each week having a two hour session. Topics include: sleep & fatigue, diet & nutrition, goal setting/ pacing, aromatherapy, yoga, and more.

Other group programmes

Groups may run based on a number of topics which would help cancer patients. These could include fatigue management or exercise groups. Your Cancer Support Worker will be able to inform you of any groups which are currently running.

Swimming and 1:1 gym sessions

Free protected time in the swimming pool and changing rooms on Fridays 2pm—3pm and 7:30-8:30pm at Odstock Health and Fitness Centre, They offer tailored gym sessions to meet your needs. The swim sessions are funded by Salisbury Hospitals' charity– the Stars Appeal.

Free Leisure Centre pass

A Wiltshire Council Leisure Centre near your home, or the Odstock Health and Fitness Centre, are offering a free 12 week pass for swimming, exercise classes or use of the gym.

What happens next:

Notes:



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