

Cancer Prehabilitation Programme

Project goal

To develop an integrated system approach to improve the quality of life for cancer patients by supporting them with a PP. This programme will be co-produced with all interested parties from organisations such as community, primary, social, and secondary care, ensuring that the patients and carers voice is central to everything. It will be developed and implemented in a community setting within the Norfolk and Waveney population.

Background

- NNUH has the 5th busiest NHS cancer service in England.
- PP interventions start at diagnosis, helping people to prepare for the next treatment stage in their journey

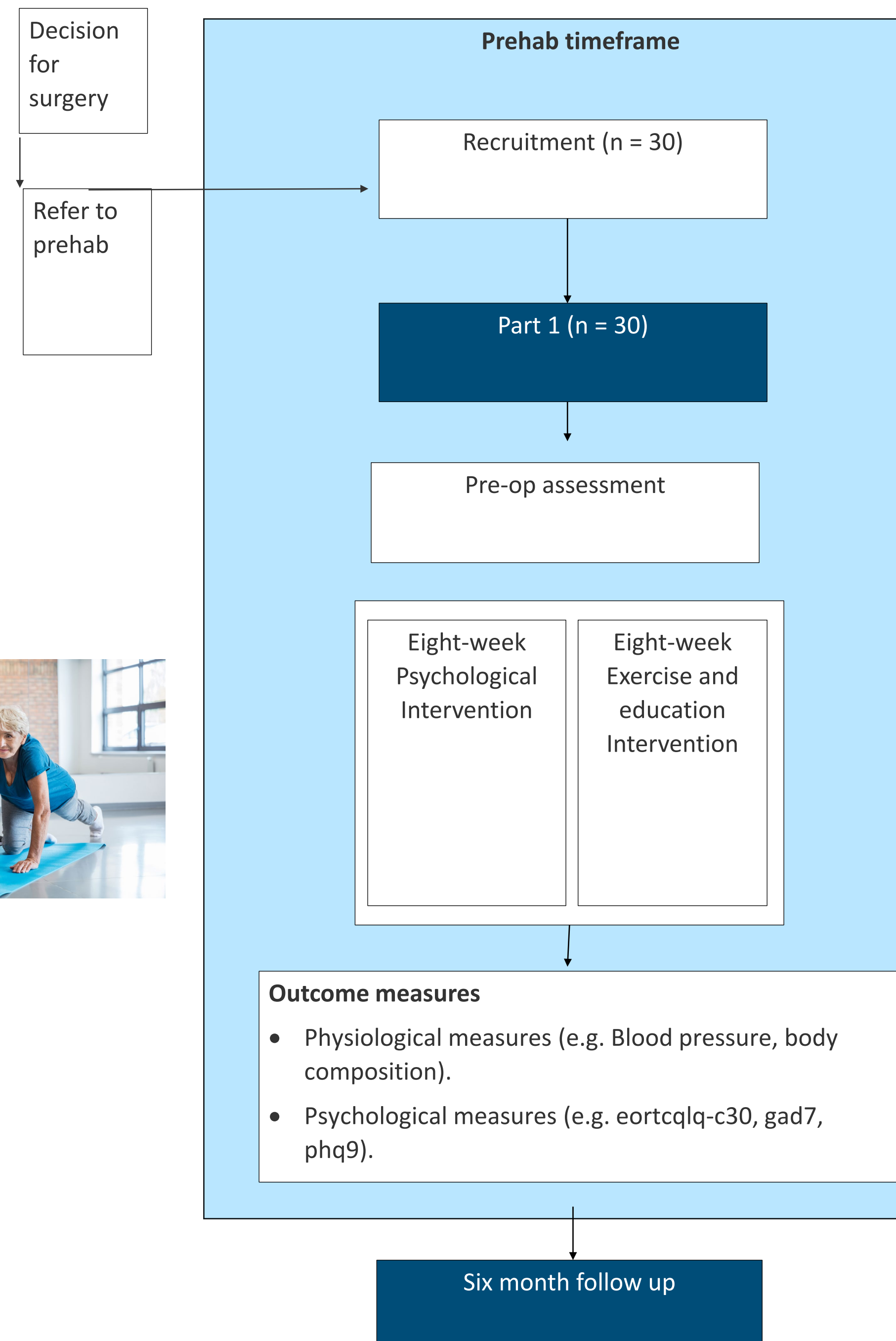
➤ The benefits of PP :

- Reduced length of stay
- Enhanced recovery following treatment
- Reduced post treatment complications
- Improved cardiorespiratory fitness
- Enhanced quality of life
- Reduced stress response



- Most of the PP to date have been developed and embedded within acute organisations and have not included an integrated system approach which includes Primary/ Social Care and Community organisations in their development or delivery.
- Furthermore, previous PP focus mainly on physical interventions, whereas PP should incorporate physical, educational, and psychological components.

Proposed prehab programme



Methods

Design = Pre-test post-test

- A series of physical and psychological measurements of quality of life will be taken pre and post PP, and then again at a 6 month follow up

Participants:

Initially 30 participants (10 per exercise group).

Any patients undergoing surgery for cancer over 18 years of age

Psychological component

- The PsychMapping tool will be used prior to the PP. Information from the patient's psych maps will be used to create a tailored health coaching intervention designed to improve wellbeing.

Exercise and education component

- The exercise programme will consist of 3 60-minute sessions per week of structured circuit-based exercises, mixing aerobic and resistance exercise.
- The educational component will include education on the importance of physical activity, nutrition, and other lifestyle factors regarding enhancing post treatment recovery.

Next steps

- We will be organising **2 workshops** with key interested partners from across the system to gain a greater understanding of what is currently offered to patients with a cancer diagnosis in the form of PP as well as to explore and develop the different components of a PP and test the appropriateness of each proposed element.
- The data from these workshops will be used in the collaborative development of a grant application to submit to the NIHR in 2024.