



Outstanding care
every time



St George's University Hospitals
NHS Foundation Trust

GET SET 4 SURGERY

A multidisciplinary physical and psychological prehabilitation programme to support patient self-management and improve surgical outcomes for major cancer surgery



Dr Catherine Bousfield
Macmillan Clinical Psychologist
St George's University Hospitals NHS
Foundation Trust, London, UK

With thanks to Dr Sahil Suleman

Excellence in specialist and community healthcare

Why Bother?

- 10 million people in UK undergo planned surgery every year
- 4/5 patients are at risk of complications as a result of their physical health

“Prehabilitation”

- ***General: “The process of enhancing the functional capacity of the individual to enable him or her to withstand a stressful event” (Silver et al. 2013)***
- ***In Cancer: “A process on the cancer continuum of care that occurs between the time of cancer diagnosis and the beginning of acute treatment and includes physical and psychological assessments that establish a baseline functional level, identify impairments, and provide interventions that promote physical and psychological health to reduce the incidence and/or severity of future impairments.” (Denny et al. 2015)***

Psychological Factors & Short Term Surgical Outcomes

Favourable Outcomes	Unfavourable Outcomes
self-efficacy	trait anxiety
low pain expectation	state anxiety
external locus of control	depression
optimism	intramarital hostility
religiousness	state anger
anger control	psychological distress

Mavros et al. (2011)

- Post-surgical Pain
 - associated with anxiety (Ip et al. 2009)
 - predicted by pre-surgical depression, psychological vulnerability, chronic stress (Hinrichs-Rocker et al. 2009)

Broader Evidence around Psychological Prehabilitation & Surgery

- Broader surgical outcomes
 - “Enhancing self-efficacy & adaptive behaviours in the peri-operative period, and encouraging optimism, may improve outcomes for major surgical patients” (p38, Levett & Grimmett, 2019)
- Cochrane Review (Powell et al. 2016)
 - postoperative outcomes of pain, return to normal activities (behavioural recovery), length of hospital stay and negative effect in adults undergoing elective surgery
 - small beneficial effects on all outcomes were reported, with no evidence of harm (but low quality studies)

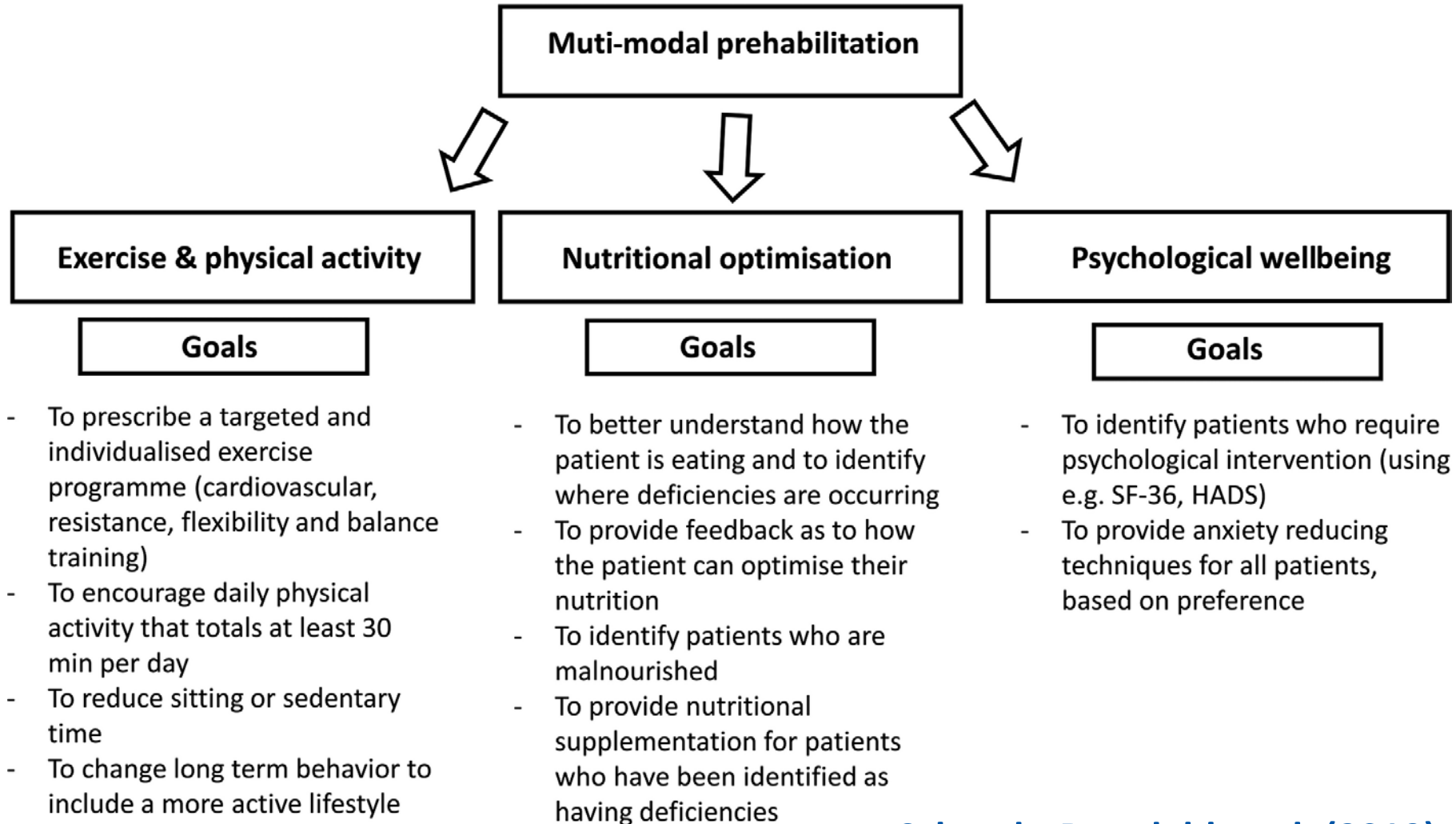
Psychological Prehabilitation in Cancer Surgery

- Systematic Review (Tsimopoulo et al. 2015)
- Impact on Surgical Outcomes?
 - Length of stay, analgesia use, complications, mortality – No
 - Immunological response – Yes
 - Enhanced immune function 2 days post-surgically in group receiving prehab (Cohen et al. Larson et al.)
- Broader Impact? PROMS
 - Psychological outcomes (depression)
 - Quality of life
 - Somatic symptoms e.g. fatigue

Issues with Psychological Impact of Prehabilitation Literature

- Heterogeneity across interventions, timings, modality
- Unimodal interventions e.g. a stress management course, a relaxation intervention
- Measuring the impact
 - Symptom focus in QoL measures vs. capturing the qualitative impact
 - “direction” “purpose” “fostered a sense of control” (Burke et al. 2013)
 - “feeling of empowerment and motivation to focus on their health” (Backman et al., 2013)

Intervention vs. Education



Scheede-Bergdahl et al. (2019)

Intervention vs. Education

- Education
 - Routine care
 - Breadth of access
 - Nature of cancer pathways (timeframe)
 - Multidisciplinary context for psychological constructs

Our Project

- Response to National Cancer Patient Experience Survey
- Patient Listening Event



What patients want...

- Video explaining prehabilitation
- Video showing what happens when I come in for surgery
- Information online and handbook ('guide to surgery')
- Diary to record my plans, goals and experience

<https://www.stgeorges.nhs.uk/service/surgery-prehabilitation/>



When you awake from your surgery, you may have an oxygen mask and various monitoring equipment attached to you.



Get Set 4 Surgery

‘Get Set 4 Surgery’ Session

- 2.5 hours every Thursday afternoon
- Major cancer surgeries – piloted in certain tumour groups
- Bring a ‘plus one’ for support

- Structured advice on
 - diet
 - activity/breathing exercises
 - psychological preparation
- ‘What to expect on the day’ and surgical specifics

- Peer support and Macmillan information stands

Multidisciplinary ‘Teachable Moment’

Anaesthetist

Dietitian

Surgeon

Physiotherapist

Clinical nurse specialist

Clinical Psychologist



Outline session

- 1425 Surgical pathway
 - 1450 Psychological support
 - 1510 Macmillan Centre
 - 1515 Break
 - 1520 Nutrition
 - 1535 Activity/breathing exercises
 - 1550 Specialty specific
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What to expect from your surgery?



Pre Operative Assessment



Day of Surgery – Surgical Admissions Lounge (SAL)

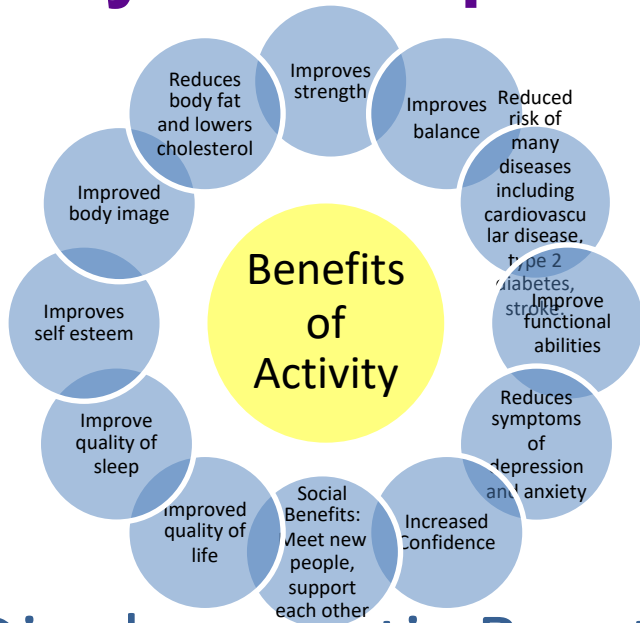


Theatre – Recovery



Ward

Physiotherapist



What should you do?

For a healthy heart and mind

To keep your muscles, bones and joints strong

To reduce your chance of falls

Be Active	Sit Less	Build Strength	Improve Balance
VIGOROUS RUN SPORT STAIRS	MODERATE WALK CYCLE SWIM	TV SOFA COMPUTER BREAK UP SITTING TIME	GYM YOGA CARRY BAGS DANCE TAI CHI BOWLS 2 DAYS PER WEEK
MINUTES PER WEEK 75 OR 150 VIGOROUS INTENSITY (BREATHING FAST, DIFFICULTY TALKING) OR A COMBINATION OF BOTH		Something is better than nothing. Start small and build up gradually: just 10 minutes at a time provides benefit. MAKE A START TODAY: it's never too late!	

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: <http://bit.ly/startactive>

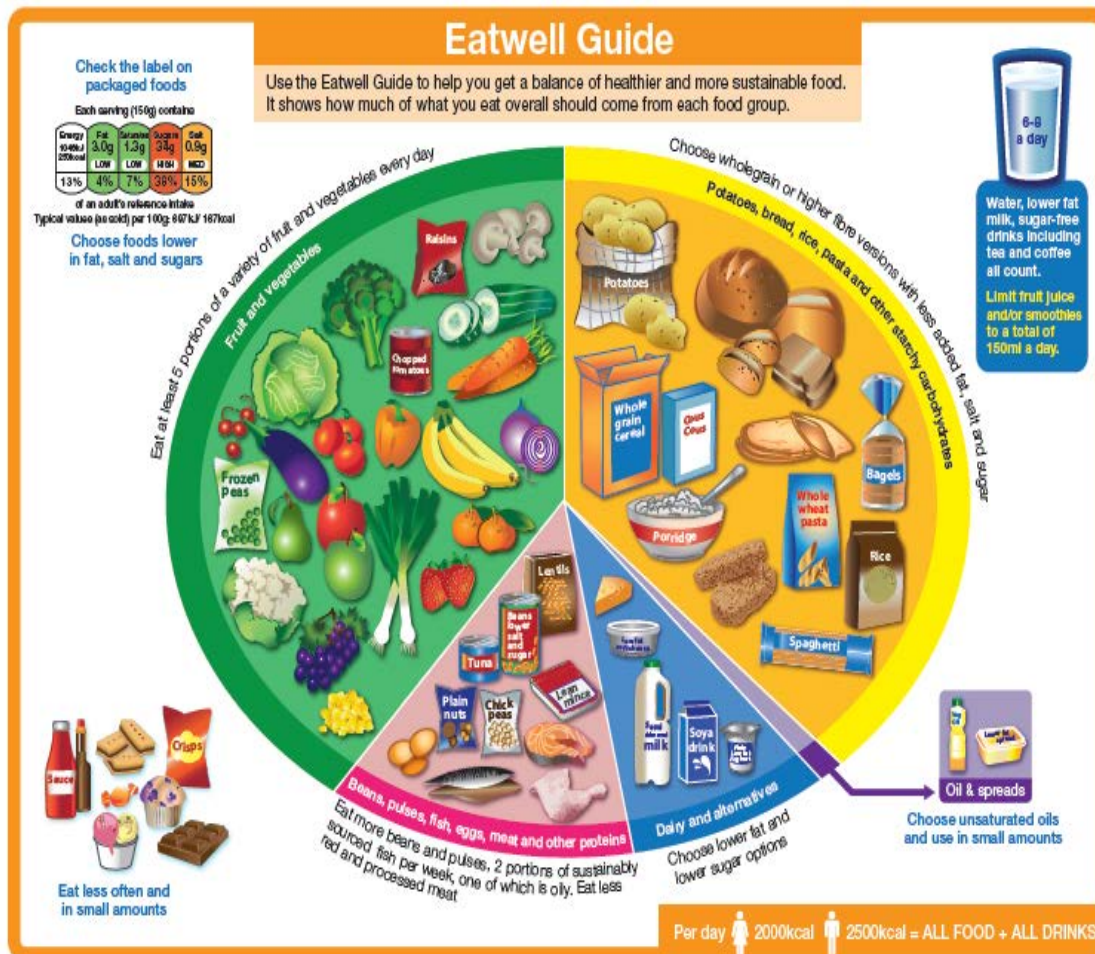
Diaphragmatic Breathing

- Put a hand on your chest and place the other on your stomach.
- Take a breath, feeling your stomach move outward.
- Breathe out slowly. Press lightly on your stomach.
- Repeat the exercise as you are able.

Deep Breathing Exercise

- Sit or stand with your elbows slightly back.
- Inhale a deep breath.
- Hold your breath. 1-5
- Exhale.

Dietitian



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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GS4S: Role of Psychology

- Specific Session: Common psychological challenges of surgery - what to expect & what you can do to prepare?”
 - Normalising range of possible concerns/distress (surgery in context)
 - Psychological wellbeing, prevention/management of anxiety/depression
 - Techniques and ideas for before/during/after surgery
 - Social context and the role of the carer
- Across GS4S: Broader principles/ethos
 - Activation, empowerment, self-efficacy, motivation, expectations, illness perceptions, self-management
 - Patient-centredness, communication, information-giving (appropriate), modelling, safety (attachment)
 - “Preparation beyond the physical”

Psychology Session Content

- Preparing psychologically & emotionally **before your surgery**
 - Make room for your emotions
 - Planning vs. letting go
 - Seek information
 - Communicate
 - Set reasonable expectations
 - Maintain routine
 - Keep motivation alive
 - Soothe yourself
 - Understand what triggers your emotions

Psychology Session Content

- Coping psychologically and emotionally **whilst in hospital**
 - Relaxation
 - Distraction
 - Challenge overly negative thinking
 - Manage communication with loved ones
 - Remain actively involved in your recovery
 - Help us to help you
 - Set progress targets

Psychology Session Content

- Psychological & emotional **adjustment after surgery**
 - Allow time to adjust
 - Pace yourself and keep expectations realistic
 - Keep communicating
 - Make room for your emotions
 - Keep yourself occupied and motivated
 - Keep in touch

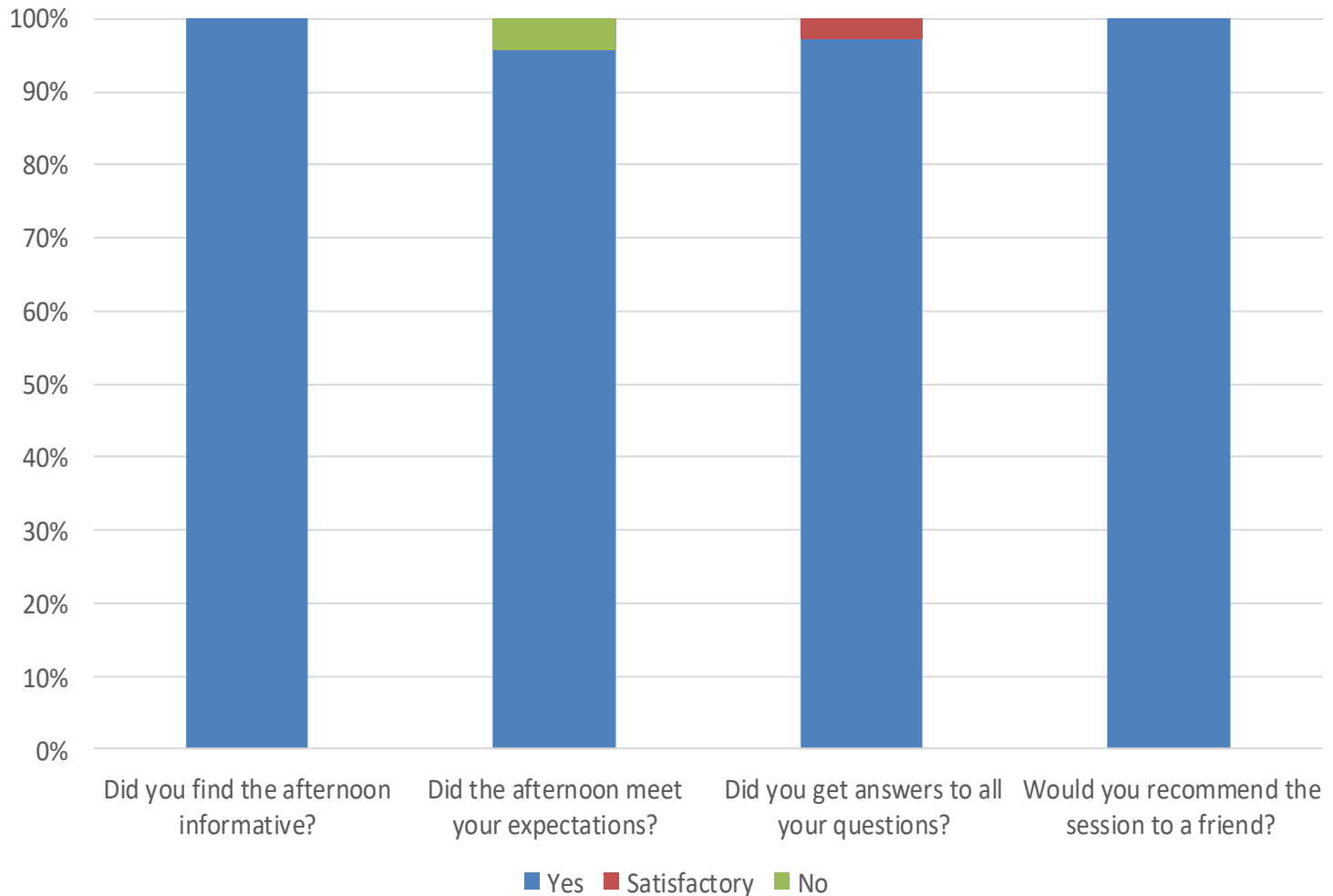
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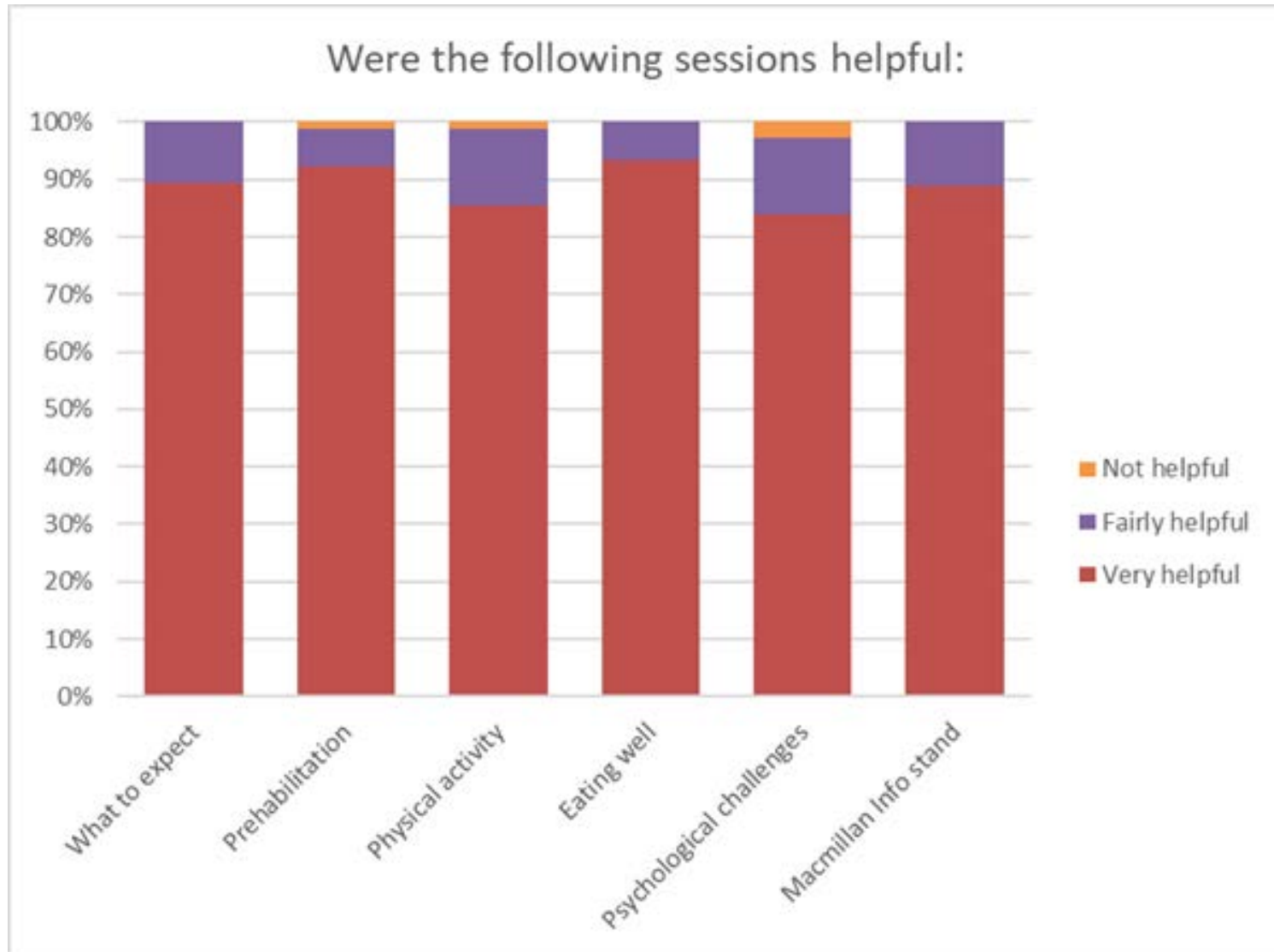
Evaluation so far...

Nov 2017 – Aug 2019: Delivered to 447 people (& 227 carers)

From 1st 220
(75% patients,
25% carers):



Evaluation so far...



I feel a bit more confident and less anxious

The whole experience was helpful, supportive and affirming. Every speaker was passionate about making the patient part of the team and that s/he has a responsibility within the care plan

That all the members of the team work together for the entire stay

What did you find most helpful?
[OVERALL SESSION]

Reassurance from others

Could talk to other people about this - fantastic

What to expect every step of the way. The honesty in what to expect. The tea break where you get to speak to different healthcare professionals on a one to one basis

The positivity overall wasn't condescending, just kind

Talk to people about your feelings

Sharing my thoughts and concerns

Ask questions – it's ok to do it

Useful session from the psychologist to recognise and handle anxiety

Psychological part very useful

What did you find most helpful?
[PSYCHOLOGY]

It's normal to feel down

How to cope – the possibility of support later on

One step at a time. Don't overthink everything. Bring it on!

Minimising worry and uncertainty by knowledge

Recognition



St George's University Hospitals NHS Foundation Trust

WANDSWORTH TIMES
Incorporating Wandsworth Guardian
Friday, June 14, 2019
www.rttimes.co.uk

MAKING THE NEWS
Products reaching millions of people every month
See page 13

PAWS FOR THOUGHT
Four more lovely animals from Battersea that are in need of a loving home
See page 4

Services win top honours

Great cancer support

Reporter
Elle Holmes
william.rod@newsquest.co.uk

4 Surgery programme won first prize for Personalised Care in Prehabilitation. Victoria Heald, the Macmillan Partnership manager for South West London, said: "Both the Macmillan Move More Wandsworth scheme and the St George's Get Set 4 Surgery project are fantastic examples of innovative programmes that are helping Londoners living with cancer find their best way through."

TWO Wandsworth cancer support services have won top honours at the inaugural Transforming Cancer Services Team (TCST) Awards. Macmillan Move More Wandsworth were winners of the Personalised Care in Rehabilitation Physical Activity category. Louise Welch from Tooting, who was diagnosed with Lymphoma, explained how Move More Wandsworth has helped her: "I could reassess anyone affected by cancer to attend a Move More appointment. "This individualised nature is very good - they tune into what you did before, where you're at now and what is realistic. "So I'm very wholeheartedly positive about the programme."

The award-winning, exercise and wellbeing scheme is designed to help cancer patients get active and is available to anyone who's had a cancer diagnosis in Wandsworth, Merton and Sutton.

The other big winner, St George's Hospital's innovative Get Set 4 Surgery programme, sees support patients, both mentally and physically, before major cancer surgery.

Dr Caroline Johnson, Consultant Anaesthetist at St George's Hospital, explained: "In the waiting time before surgery, when patients feel most anxious, we are able to give them help and information to prepare themselves both physically and mentally for the challenges ahead."

To take part in the Macmillan Move More Wandsworth scheme, or to find out more, contact Macmillan Move More Wandsworth on 0203 969 8001.

To learn more about Macmillan and St George's Cancer Partnership's Get Set 4 Surgery prehabilitation programme visit stgeorges.nhs.uk/services/surgery-prehabilitation/

Local Minicabs **BOOK ONLINE** 24Hrs 7 days a week Call
or **DOWNLOAD** **020 8946 5000**
our APP **020 8944 8000**
SWC **south west cars**
Available on the **App Store**
www.southwestcars.com

Data from NCPES 2019 (June 2020)

Unadjusted Scores						Case Mix Adjusted Scores			National Score
2018 n	2018 Score	2019 n	2019 Score	Change 2018-2019	Change Overall	2019 Score	Lower Expected Range	Upper Expected Range	

OPERATIONS

Q27. Beforehand, patient had all the information needed about the operation	355	94%	353	98%			98%	94%	98%	96%
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Reflections on GS4S & Psycho-oncology

- Wider reach than usual – integrated care
- Destigmatisation of potential psychological need
- Early intervention e.g. people speaking to us in break etc.
- Models multi-professional approach and involvement of carer
- Opportunity for active multidisciplinary work
- Practicalities/commitment
- Cost-effectiveness

NEXT STEPS

- Better evaluation of impact – harder to gauge variables
- Potential for incorporating pre-surgical exercise component



Thank you. Any questions?



sahil.suleman@stgeorges.nhs.uk

Twitter: @sahilsuleman

catherine.bousfield@stgeorges.nhs.uk