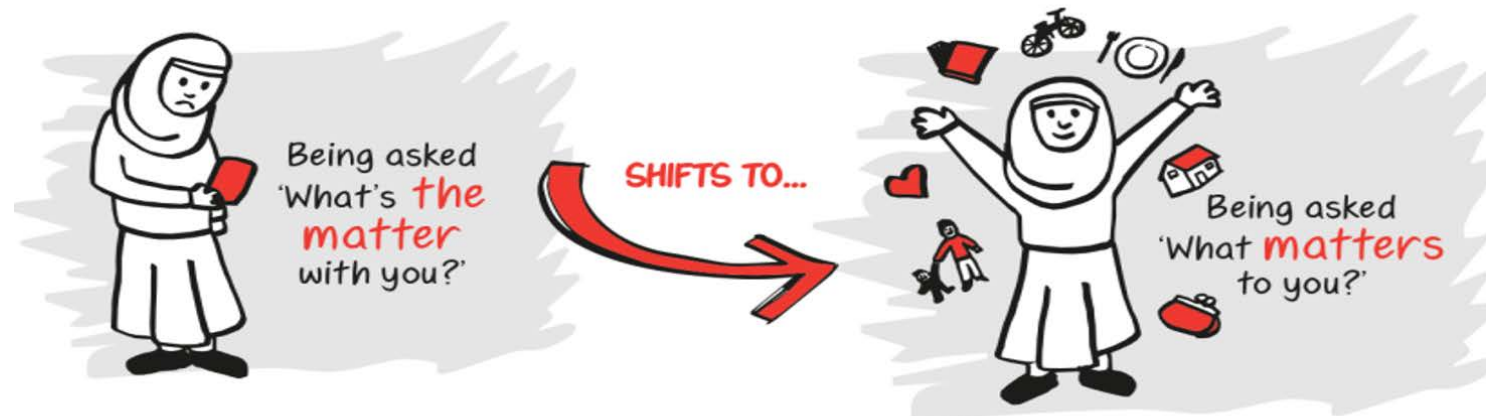


# Personalised Care: how Prehab/Rehab fits with existing delivery

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# How well are we measuring postoperative “recovery” after abdominal surgery?

[Lawrence Lee](#) , [Teodora Dumitra](#), [Julio F. Fiore Jr.](#), [Nancy E. Mayo](#) & [Liane S. Feldman](#)

[Quality of Life Research](#) **24**, 2583–2590(2015) | [Cite this article](#)

## Results

A total of 17 patients and 15 healthcare professionals were interviewed. A total of 22 important recovery-related concepts were identified and linked to the ICF. The four most important concepts were “Energy level,” “Sensation of pain,” “General physical endurance,” and “Carrying out daily routine.” The number of important recovery-related concepts covered

Priorities identified by patients:

- Energy Level
- Sensation of Pain
- General Physical Endurance
- Carrying out daily routine

WHO International Classification of Function, Disability and Health



Hello!

WELCOME!

Thankyou for coming

We want to gain your thoughts on a prehab and recovery programme for patients diagnosed with cancer

What is Prehab anyway?



Improve surgery outcomes

I go to communal walking groups or litter picking - there are people here who also have cancer and we understand each other

I enjoyed the gym - especially rowing

I WOULD NEED SOMEONE TO PUSH ME THE RIGHT AMOUNT

GET OUT OF THE HOUSE

Meeting the needs of all GM wide - costs, cultures and gender

No need for expensive sportswear.

NON JUDGEMENTAL

JUST WEAR LOOSE CLOTHING

Im already suffering from FATIGUE from treatment



Time off work - can it be an appropriate amount?

Part of the treatment

GET ME IN & GET IT OUT!

If you were back at the start... How would you feel about Prehab?

Keep me involved in decisions - what exercise to avoid fatigue.

Target Setting

BUDDY SYSTEM

I'd want it to come from my oncologist - facts on outcomes for encouragement



Who should you hear it from?

swimming

What if I didn't want to do it?

Rehab



EMOTIONAL BENEFITS

Prehab4Cancer

BEING WITH SIMILAR PEOPLE IN OR OUT OF THE GYM



It would fill a void before surgery

Yoga techniques helped me to keep in control during my scans

No pass or fails

Amazing nurses

knowing where you're going

What is important for us to consider?

Exercise improves and addresses fatigue



What the evidence shows...

Exercise program me before and after surgery, at a gym, with a cancer - trained fitness instructor - to



WEARABLE DATA



At the end of treatment you feel like you drop off a cliff... this would give me a focus

Make it easy CAN DO!



SPECIALIST CANCER TRAINED PT'S - UNDERSTANDING MY ENERGY, FOOD AND ABILITY



Enjoying what you eat

FAMILY AND FRIENDS accepting who you ARE

Markers

CONTROL to go further

I'll be feeling like I'm making a contribution to my own wellbeing



LIVING WITH AND BEYOND CANCER

TAI CHI

SUPPORT NETWORK

NUTRITION

MENTAL HEALTH AND WELLBEING

SYMPATHY AND TRAINED STAFF

FREQUENCY INTENSITY DURATION







How Prehab/Rehab enables Personalised Care to be delivered...

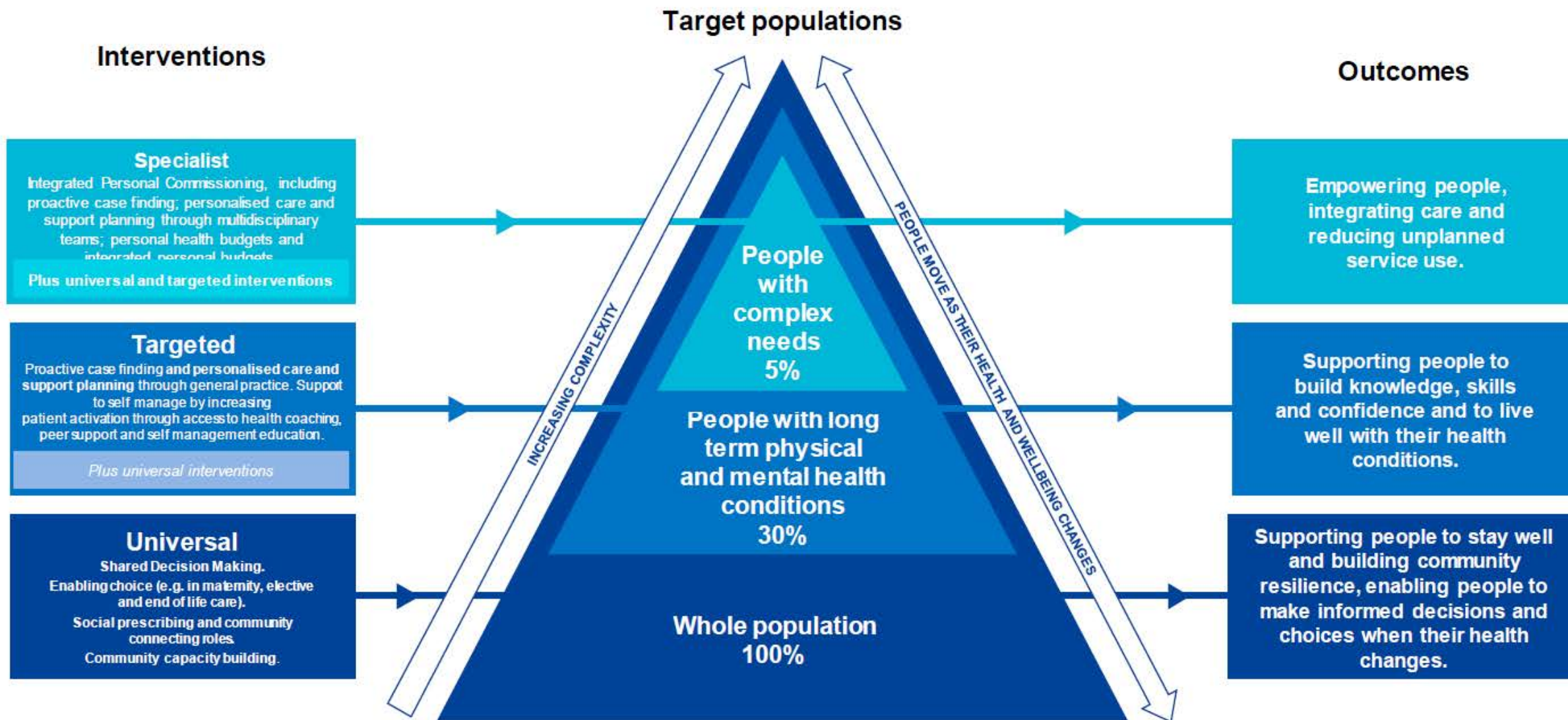
Self-Management

Patient Empowerment

Taking Control

# Comprehensive Personalised Care Model

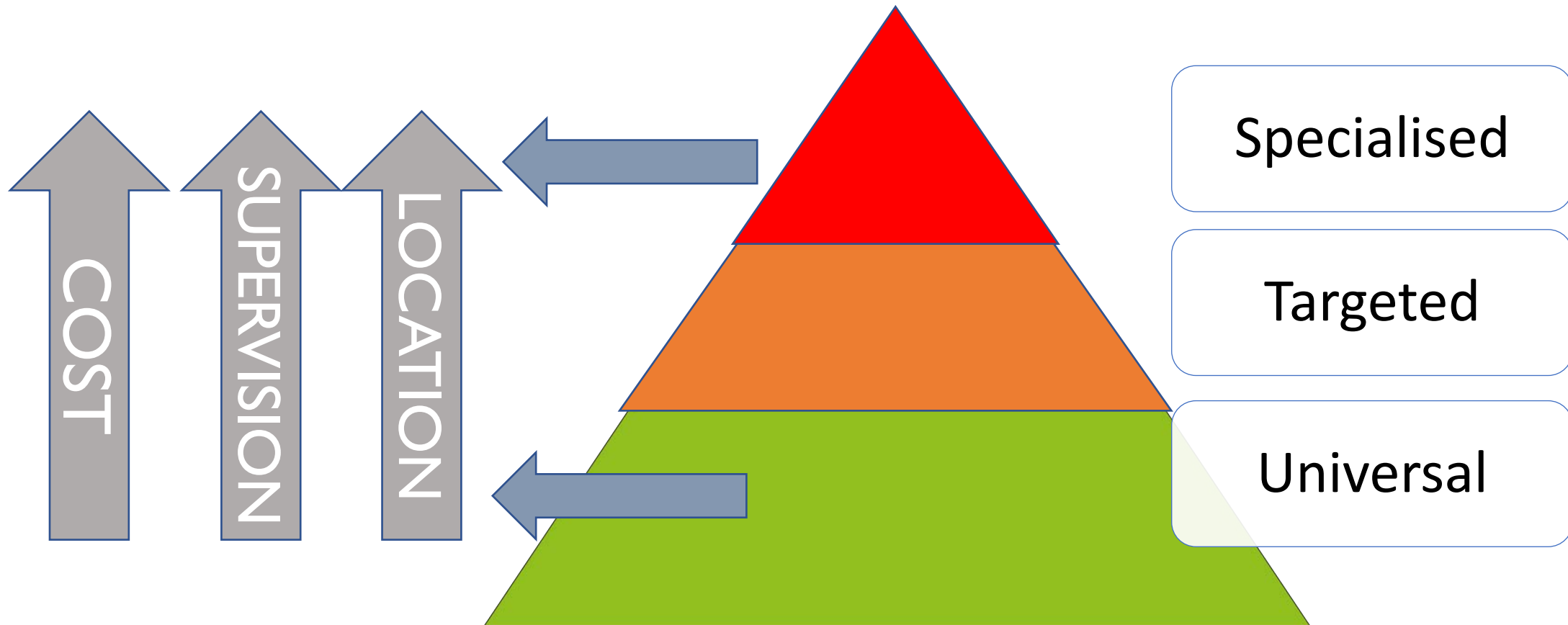
All age, whole population approach to Personalised Care



# PREHAB INTERVENTION



Universal Targeted Model = NHSE Personalised Care Model





## WHO?

Prehab Workforce incl.  
Exercise Specialists

MDT incl. CNSs & AHPs

Macmillan Information and  
Support

Psychology/IAPT

Primary Care incl. Social  
Prescribing

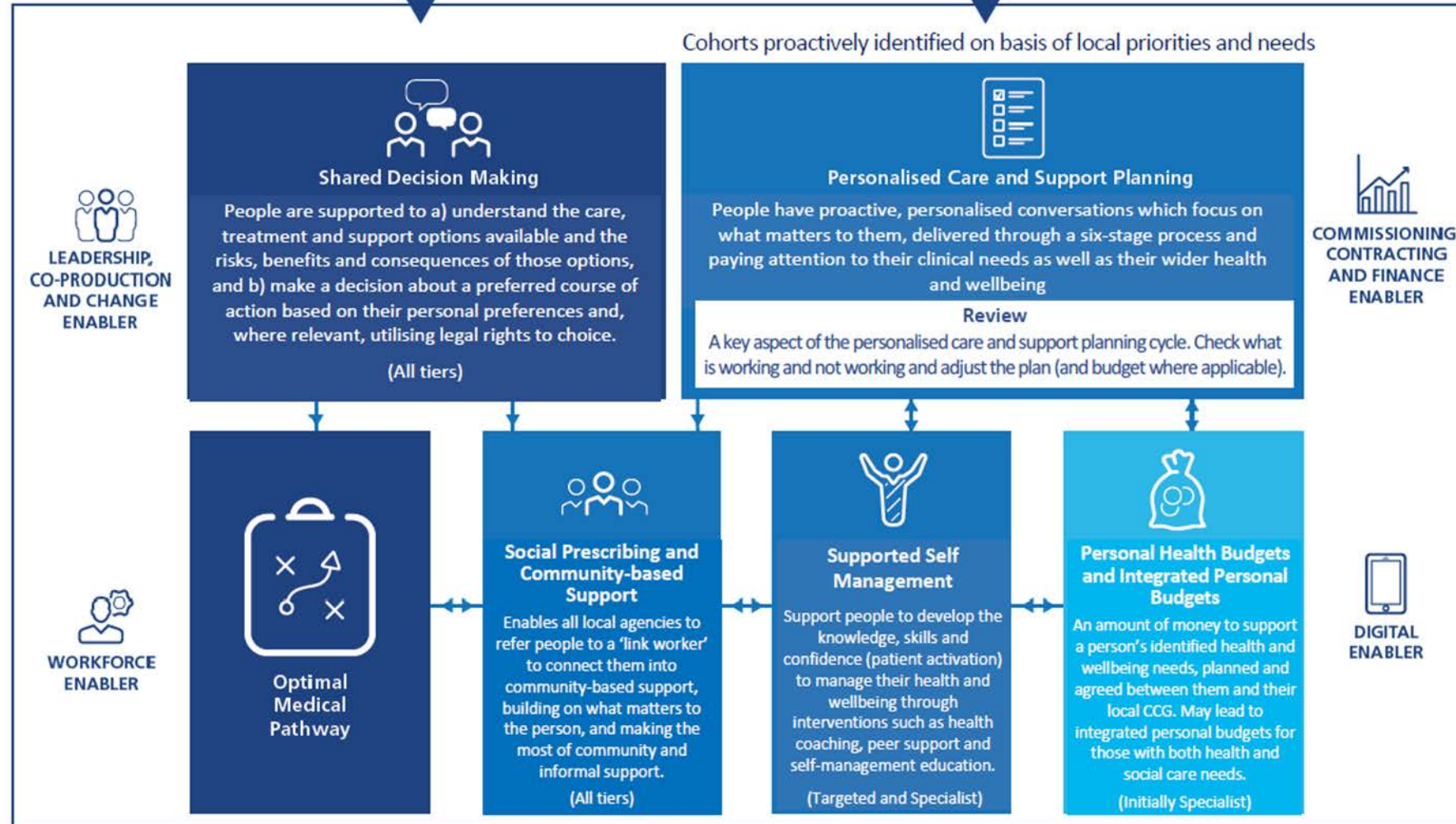
## Stepped Care Model (NICE 2004)

Level	Group	Assessment	Intervention
1	All health and social care professionals	Recognition of psychological needs	Effective information giving, compassionate communication and general psychological support
2	Health and social care professionals with additional expertise	Screening for psychological distress	Psychological techniques such as problem solving
3	Trained and accredited professionals	Assessed for psychological distress and diagnosis of some psychopathology	Couselling and specific psychological interventions such as anxiety management and solution-focused therapy, delivered according to an explicit theoretical framework
4	Mental health specialists	Diagnosis of psychopathology	Specialist psychological and psychiatric interventions such as psychotherapy, including cognitive behavioural therapy (CBT)

# Personalised Care Operating Model

**WHOLE POPULATION**  
When someone's health status changes

**30% of POPULATION**  
People with long term physical :  
mental health conditions







# Personalised Care Interventions

## Personalised Care and Support Plan based on HNA

Ensures people's physical, practical, emotional, social needs are met and that resources are targeted to those who need them most.

## End of Treatment Summary

Completed by secondary care and given to the patient and GP. Provides detailed summary of treatment, potential side effects, signs and symptoms of recurrence and contact details to address any concerns.

## Health & Wellbeing Information & Support

Information and support to patients/their family before, during and after cancer treatment. This may include: how to support management of side effects, community support groups, financial support, how to get back to work, diet and lifestyle.

## Cancer Care Review

Discussion between patient and GP / Nurse about their cancer journey. Helps patient understand what information and support is available.

### Concerns Checklist – identifying your concerns

Patient's name or label

Key worker: \_\_\_\_\_

Date: \_\_\_\_\_

Contact number: \_\_\_\_\_

This self assessment is optional, however it will help us understand the concerns and feelings you have. It will also help us identify any information and support you may need.

If any of the problems listed have caused you concern recently and you wish to discuss them with a key worker, please score the concern from 1 to 10, with 10 being the highest. Leave the box blank if it doesn't apply to you or you don't want to discuss it now.

#### Physical concerns

- Breathing difficulties
- Passing urine
- Constipation
- Diarrhoea
- Eating, appetite or taste
- Indigestion
- Swallowing
- Cough
- Sore or dry mouth or ulcers
- Nausea or vomiting
- Tired, exhausted or fatigued
- Swelling
- High temperature or fever
- Moving around (walking)
- Tingling in hands or feet
- Pain or discomfort
- Hot flushes or sweating
- Dry, itchy or sore skin
- Changes in weight
- Wound care
- Memory or concentration
- Sight or hearing
- Speech or voice problems
- My appearance
- Sleep problems

I have questions about my diagnosis, treatments or effects

- Sex, intimacy or fertility
- Other medical conditions

#### Practical concerns

- Taking care of others
- Work or education
- Money or finance
- Travel
- Housing
- Transport or parking
- Talking or being understood
- Laundry or housework
- Grocery shopping
- Washing and dressing
- Preparing meals or drinks
- Pets
- Difficulty making plans
- Smoking cessation
- Problems with alcohol or drugs
- My medication

#### Emotional concerns

- Uncertainty
- Lack of interest in activities
- Unable to express feelings
- Thinking about the future
- Regret about the past
- Anger or frustration

- Loneliness or isolation
- Sadness or depression
- Hopelessness
- Guilt
- Worry, fear or anxiety
- Independence

#### Family or relationship concerns

- Partner
- Children
- Other relatives or friends
- Person who looks after me
- Person who I look after

#### Spiritual concerns

- Faith or spirituality
- Meaning or purpose of life
- Feeling at odds with my culture, beliefs or values

#### Information or support

- Exercise and activity
- Diet and nutrition
- Complementary therapies
- Planning for my future priorities
- Making a will or legal advice
- Health and wellbeing
- Patient or carer's support group
- Managing my symptoms

Key worker to complete  Copy given to patient  Copy to be sent to GP

WE ARE  
MACMILLAN.  
CANCER SUPPORT

## Jane: example Concerns Checklist





# Assessment Clinic Overview



## Functional Capacity

- ISWT or 6 Min Walk
- Hand Grip Dynamometry
- 1 Minute Sit to stand

## PROMS

- EQ5D-5L
- IPAQ
- Self Efficacy Scale
- Rockwood Frailty
- WHODAS 2.0
- EORTCQLQ-C30

## Health checks

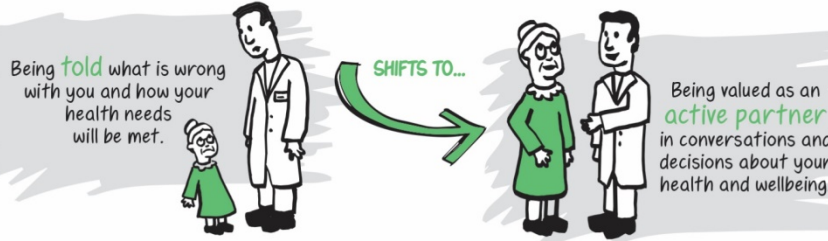
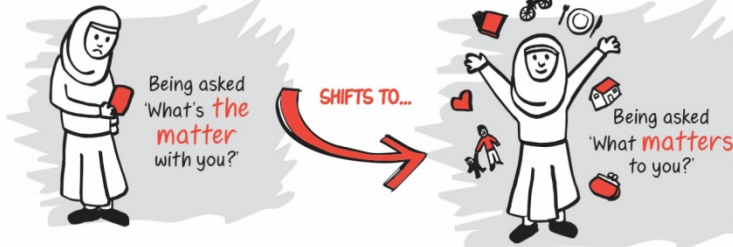
- PG-SGA
- Blood pressure
- Height
- Weight
- Resting HR
- Oxygen stats







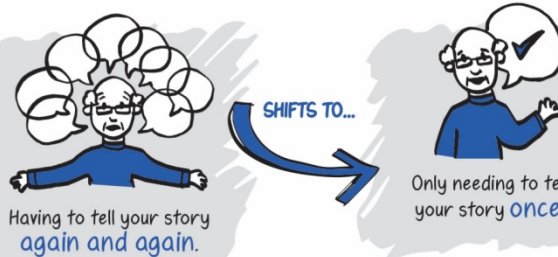
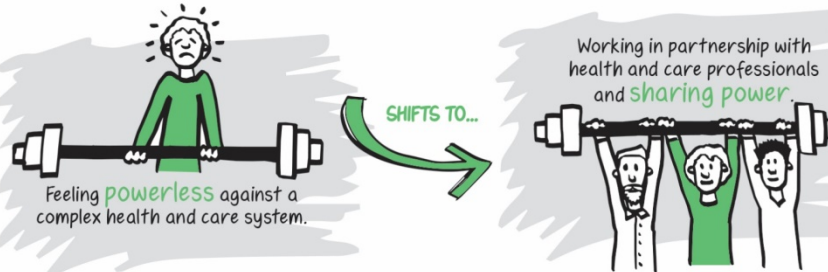
SHIFTS TO...



## Personalised Care: A shift in relationship between health and care professionals and people.



SHIFTS TO...



# Questions?