



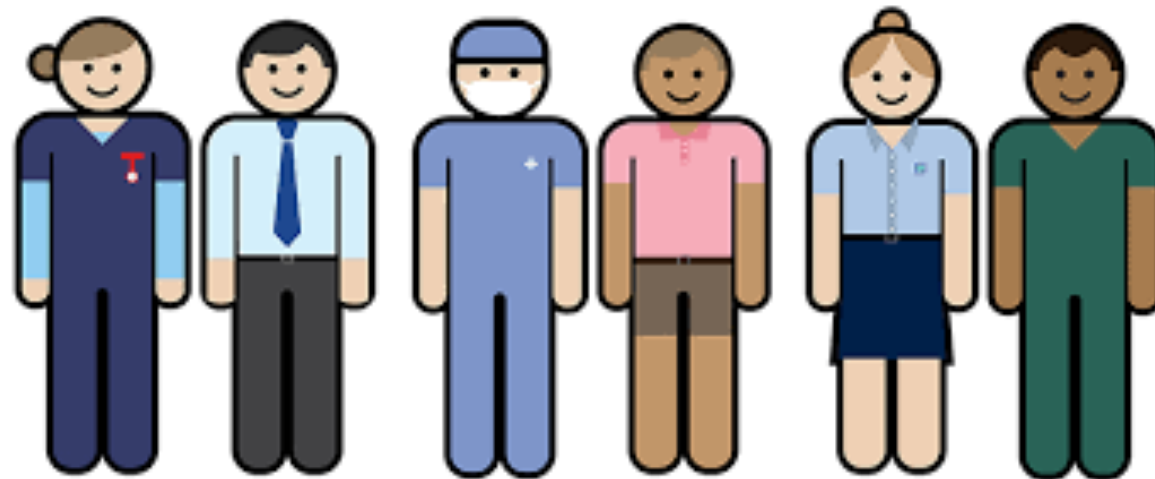
A Multidisciplinary/Interdisciplinary approach: What do you have locally?



Zoe Merchant – Programme Lead for Prehab4Cancer/Specialist Occupational Therapist

GM Cancer

@ZoeMerchantOT www.prehab4cancer.co.uk @Prehab4Cancer





The Inter-Disciplinary TEAM (IDT)



Cancer Nurse Specialists

Physiotherapists

Macmillan Cancer Navigators & Support Workers

Dieticians

GPs & Secondary Care Medical teams

Psychologists & Mental Health practitioners

Fitness Instructors/Exercise Specialists (Leisure)

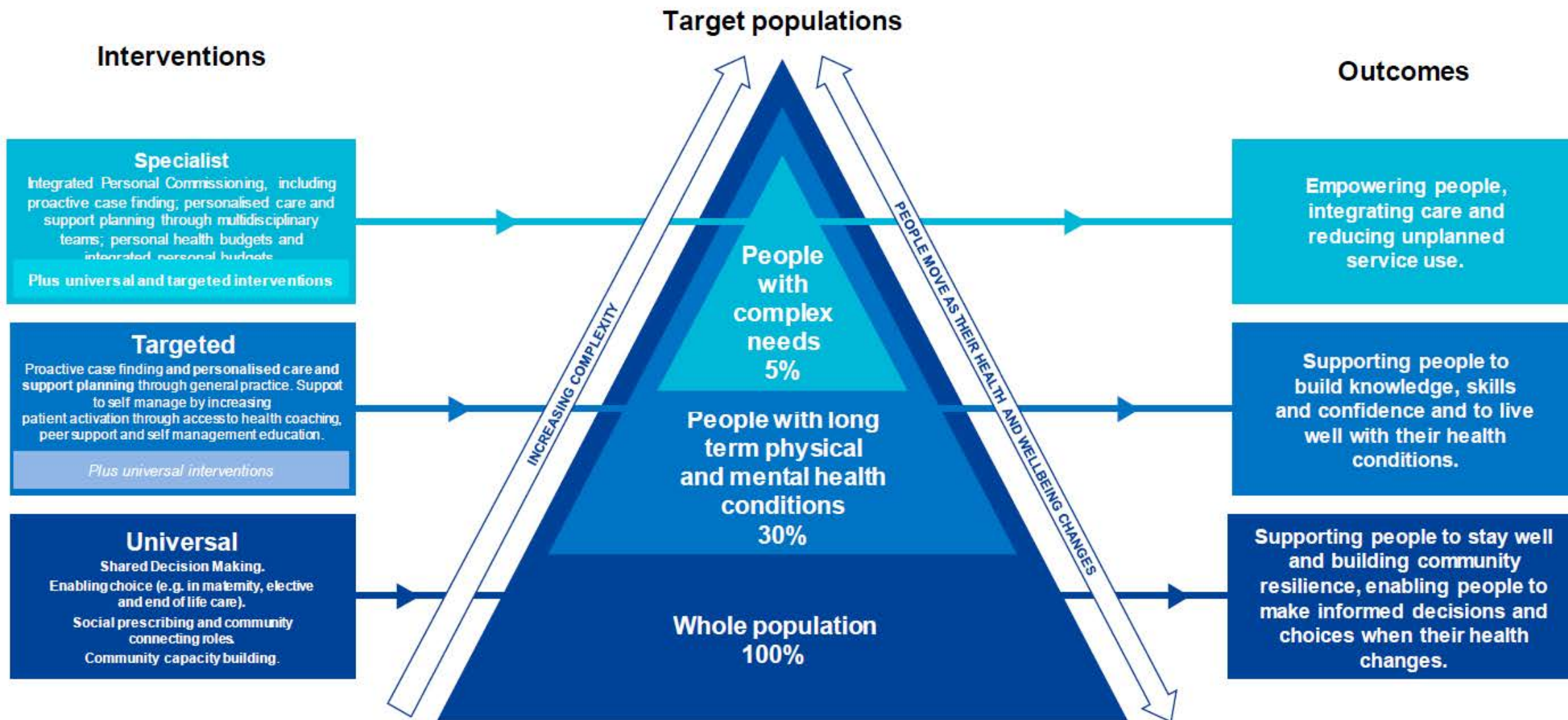
Surgeons, Oncologists, Anaesthetists

Occupational Therapists

Exercise Physiologists & Sports Exercise Medicine

Comprehensive Personalised Care Model

All age, whole population approach to Personalised Care





Governance Structure



Please note: all groups listed have **people affected by cancer** within their membership.



User Involvement: co-design & co-production



@prehab4cancer

PREHAB 4 CANCER
GREATER MANCHESTER

Help to PREPARE YOURSELF for cancer treatment

What is Prehab4Cancer and recovery programme ?

Prehab4Cancer is a free exercise, nutrition and wellbeing scheme designed by a team of NHS professionals and exercise experts, based on latest research. The scheme is delivered in leisure centres across Greater Manchester, for people to access close to where they live. The aim is to help you to cope with cancer treatment and feel better, physically and mentally. It is designed to help people take an active role in their cancer care and live as well as possible with and beyond cancer.

The programme includes:

- Exercises to suit your level of ability and fitness
- Nutritional assessment and advice
- Mental wellbeing support and onward psychological referral if needed
- 2/3 weekly sessions prior to treatment
- Support to return to exercising after your cancer treatment
- Bring your friends or family members and meet others in a similar situation
- Free access to your local leisure facilities before and after treatment for an agreed time period

For more information contact the team:

T: 07719 902 037
E: prehab4cancer@nhs.net
W: www.gmactive.co.uk/prehab4cancer

NHS
in Greater Manchester

Small changes can make a DIFFERENCE

Why have I been referred to the Prehab4Cancer and recovery programme?
Prehabilitation is the medical term which describes preparing for cancer treatment. It has been recommended by doctors and other healthcare professionals involved in your care that you undergo prehabilitation alongside your other planned medical interventions.

Will I be able to do the exercises that are given to me?
The NHS clinical cancer team delivering the scheme are friendly and experienced. They are qualified in cancer rehabilitation. They will:

- > Assess you regularly
- > Take into consideration your current level of ability and needs such as other health conditions
- > Give you exercises designed for you
- > Support you to take an active role in your cancer care
- > Plan exercises designed to improve your fitness levels and muscle strength leading up to your treatment,
- > Put your safety first
- > Raise any concerns with your clinical cancer team

Is it safe for me to exercise when also having cancer treatment?
Latest research shows it is SAFE and RECOMMENDED to do exercise when you are undergoing cancer treatments.

Family members, carers and friends:
Supporting a loved one who is going through cancer treatment can be upsetting and worrying. It can be difficult to know how best to support them. This programme promotes the importance of people preparing for their cancer treatment. You are actively encouraged to go to appointments with them and even join in with the exercises. Your practical and emotional input will help motivate your family member or friend. Your support can make all the difference.

How this will HELP YOU:

- Better response to treatment
- Quicker recovery
- Fewer problems during treatment
- Reduced anxiety and improved mood
- Improved energy levels
- Take an active part in your cancer care
- Lower chance of cancer recurrence
- Improve your general fitness and other health conditions
- Be able to do your normal activities
- Gender specific or tailored packages available if required

HOW TO ACCESS the programme:

- All participants are referred by a healthcare professional involved in your care
- A GM Active team member will contact you within a couple of working days to confirm your details and arrange your first appointment
- Your first appointment will be a couple of working days after and will take place in a leisure centre close to your home
- Contact the GM Active team or a healthcare professional who gave you this leaflet for further information

"I enjoyed the gym... I felt like I was making a contribution to my own wellbeing"

GMCA GREATER MANCHESTER COMBINED AUTHORITY
GM ACTIVE Greater Manchester Cancer
MACMILLAN CANCER SUPPORT
ERAS
Health Innovation Manchester
Greater Manchester Health and Social Care Partnership

Anaesthetists



- Experts in Perioperative Medicine
- Prehabilitation ‘enthusiasts’ within the medical professions
- Leadership + ‘drivers’
- Research and Evidence Base
- Risk assessment + patient safety

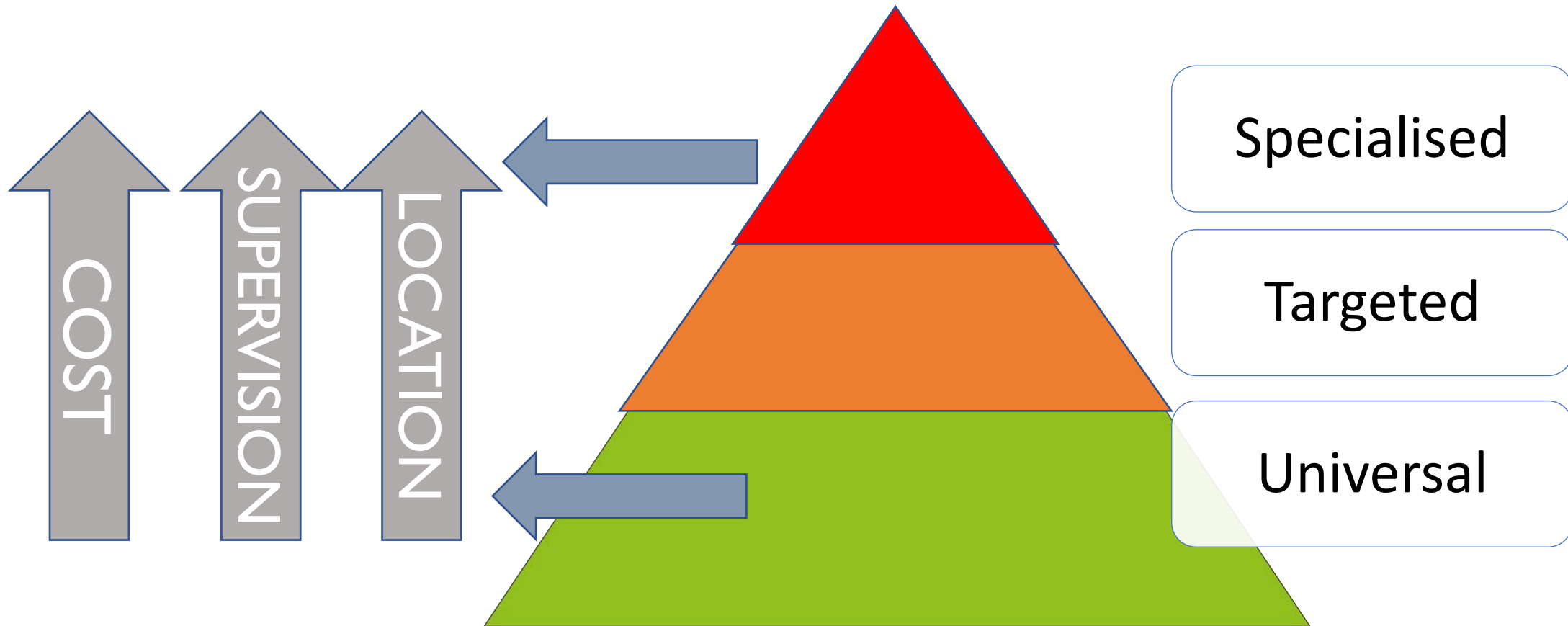


ERAS+

**SURGERY
SCHOOL**
IMPROVING SURGICAL CARE



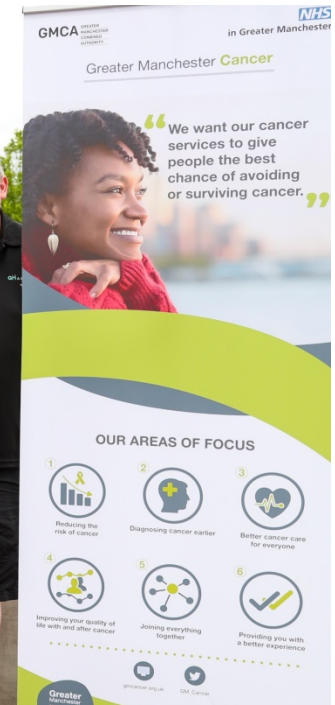
Universal Targeted Model





LEISURE

Exercise
Specialists/Fitness
Instructors/Health
Coaches



- Level 4 Cancer Rehab Qualified Exercise Specialists
- Working in local leisure facilities
- Often with range of other qualifications (Cardiac Rehab + Pulmonary Rehab)
- May be available via existing exercise referral schemes
- Potential for upskilling + CPD



Notice distress, hear concerns, respond helpfully

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

Exercise Physiologists & Sports Exercise Medicine



Faculty of Sport
and Exercise
Medicine UK



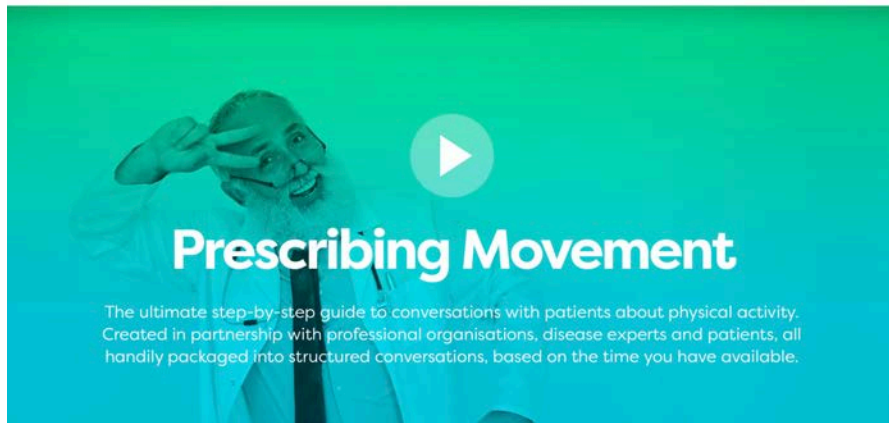
More people
More active
More often

GM ACTIVE



Moving Medicine

[Prescribing movement](#) [Learning resource](#) [About](#) [Promotional Materials](#)



Prescribing Movement

The ultimate step-by-step guide to conversations with patients about physical activity. Created in partnership with professional organisations, disease experts and patients, all handily packaged into structured conversations, based on the time you have available.

Medicine

- **Prehabilitation should provide personalised & tailored exercise prescription which is safe and OPTIMISES the patient in advance of cancer treatment**
- **It is important to recognise professional colleagues with EXPERTISE in exercise physiology**

Box 1

The FITT principle

The American College of Sports Medicine has released guidelines for and to describe exercise training. Frequency stands for the number of days a week, intensity reflects the work load while exercising, time refers to the duration of each exercise session, and type refers to the type of exercise undertaken. Moderate exercise has been defined as 80% of oxygen uptake at lactate threshold and severe exercise as 50% of the difference between oxygen uptake at lactate threshold and at peak VO_2 .⁴²

From National Heart, Lung, and Blood Institute. Clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults: the evidence report. [Internet]. Rockville (MD): National Institutes of Health, National Heart, Lung, and Blood Institute; 1998. [cited 10/10/2010]. 228 p. Available at: http://www.nhlbi.nih.gov/guidelines/obesity/ob_gdlns.pdf.

Allied Health Professionals (AHPs)

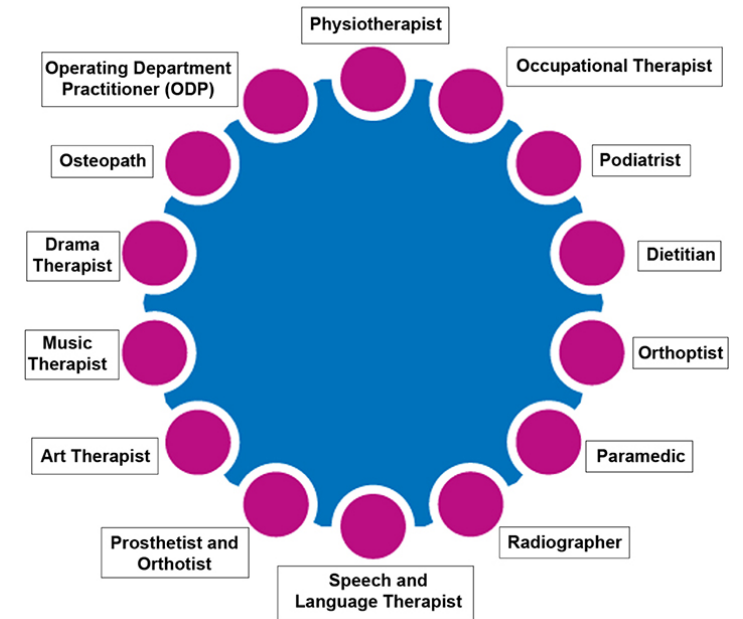


- Trained in understanding of interplay between neuro/musculoskeletal movement and injury/illness/disability.
- Restoration, maintenance and optimisation of physical activity, movement and function.
- Utilise exercise in delivery of their therapy.



Royal College
of Occupational
Therapists

- Core skill of **Activity Analysis**. Holistic assessment to support people to overcome barriers to engagement in meaningful activities (occupations).
- Dual trained: **Physical & Mental Health**. Level 2 psychological skills to address wellbeing needs, particularly those that impact on QOL such as anxiety and fatigue.
- Experienced in working with frail, elderly, complex co-morbidities – cognitive & sensory assessment + interventions.



EXPERTS IN REHABILITATION

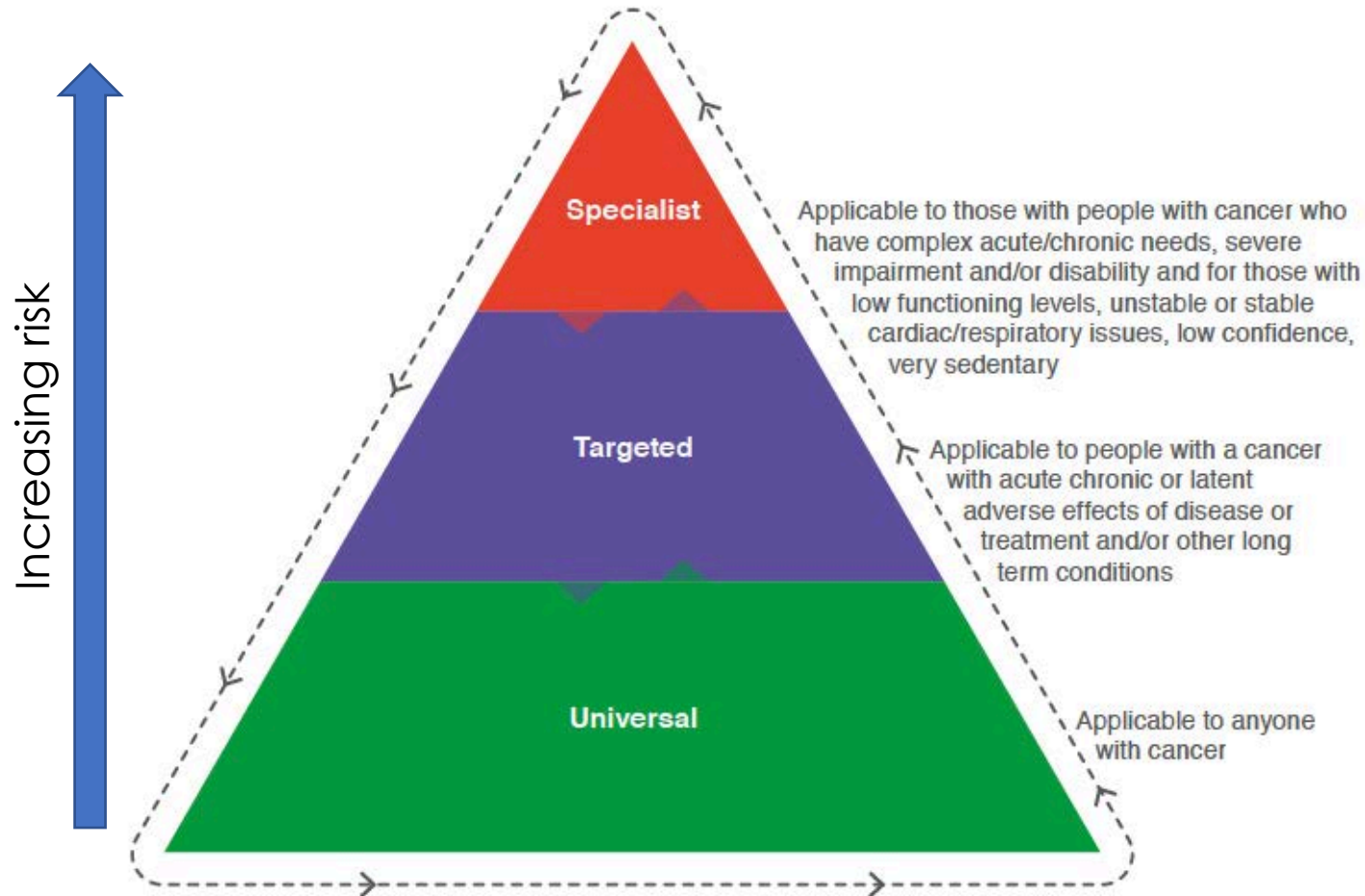




Principles and guidance for prehabilitation within the management and support of people with cancer



Dietetics & Nutrition



Specialist: Artificial Nutritional Support
Complex needs & care
Nutrition Support Teams (IF Teams)
[Hospital-based, In-Patient]



Targeted: Dietetic counselling
Address dietary impact factors
[Community-based, Out-Patient]



Universal: Screening.
Supportive, self-care
Advice
[Home-based, remote support]

Education and Upskilling...



#AHPsintoACTION



NHS
England

Quick Guide:

the role of allied health professionals in supporting people to live well with and beyond cancer

Transforming health, care and wellbeing with allied health professionals

#AHPsintoAction #AHPcancer



ALLIED HEALTH PROFESSIONAL WORKFORCE REPORT

A 2019 survey of Dietitians,
Occupational Therapists,
Physiotherapists and Speech
& Language Therapists.

MACMILLAN
CANCER SUPPORT

AHPs into Action

Using Allied Health Professionals to transform health, care and wellbeing.



#AHPsintoAction

Cancer Nurse Specialist (CNS) & support staff

- Already delivering Personalised Care (prev. recovery package) incl. holistic needs assessment. This can inform prehabilitation and rehabilitation referrals and requirements.
- Key Worker: point of contact for patient, family and prehab/rehab delivery workforce
- Some trained in Level 2 psychological skills (stepped care model), can be part of prehab/rehab delivery workforce



**MACMILLAN
CANCER SUPPORT**



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

Psychology (Wellbeing)

Behaviour Change



Psychosocial support (stepped care model NICE 2004)



Tweets **1,218** Following **101** Followers **1,038** Likes **1,252**

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5k Your Way, Move Against Cancer
@cancer5kYourWay
A support group with a difference

Tweets **Tweets & replies** **Media**

Pinned Tweet

5k Your Way, Move Against Cancer @cancer5kYourWay · Aug 30
We're really looking forward to welcoming lots of you at our 5k Your Way, Move Against Cancer groups at parkruns tomorrow! Walk, jog, run, cheer, volunteer or



MACMILLAN CANCER SUPPORT

Information &
Support Services

Prescribing movement for Cancer



We've squeezed all the important information into our step-by-step guides to help you have good quality conversations about physical activity. Just pick how much time you've got, we've done the rest.



MAGGIE'S

Everyone's home of cancer care



Finally, don't
underestimate
PEER SUPPORT

