

Prehabilitation interventions
(screening, assessment, outcomes) –
a multimodal approach

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Screening for prehabilitation



Screening for prehabilitation



AS EARLY AS POSSIBLE



**IN ADVANCE OF
TREATMENT**



USE VALIDATED TOOLS



**SCREENING SHOULD BE
ALIGNED TO HOLISTIC
NEEDS ASSESSMENTS**



**INCLUDE PSYCHOLOGICAL
RISK FACTORS, PHYSICAL
FITNESS AND NUTRITION**

Physical activity screening for prehabilitation

Screening tools

Physical activity screening tools:

Self report physical activity – International physical activity questionnaire IPAQ

Scottish physical activity screening questionnaire – SCOT-PASQ

Godin Shephard Leisure Time Physical activity questionnaire – GSLTPAQ

General Practice Physical Activity Questionnaire – GPPAQ

Physical fitness screening tools:

Duke Activity Status Index – DASI

Clinical Frailty Score

6 minute walk test

Incremental shuffle walk test

Timed Up and Go Test

30 second chair to stand test

Nutrition screening tools for prehabilitation

Screening tools

Malnutrition screening tool – MUST – Current weight, unplanned weight loss, BMI, acute disease effect subjective element

Royal Marsden nutrition screening tool

Malnutrition screening tool

Patient Generated subjective Global assessment – PG-SGA

Same tool to be used in all settings for a particular patient

Psychology and wellbeing screening tools

Psychology screening tools:

- Patient health questionnaire – PHQ
- Generalised Anxiety Disorder assessment – GAD-7
- Hospital Anxiety and Depression Scale – HADS

Wellbeing screening tools:

EQ5D

Fatigue – EORTC QLQ-FA12

General Self Efficacy Scale – GSE

Patient activation Measures - PAMS

Assessment



Physical fitness assessment

Brief Functional capacity measures

- 6 minute walk test
- Timed up and go test
- 30 second chair to stand test

Fitter individuals

- Step Test
- Cooper Test

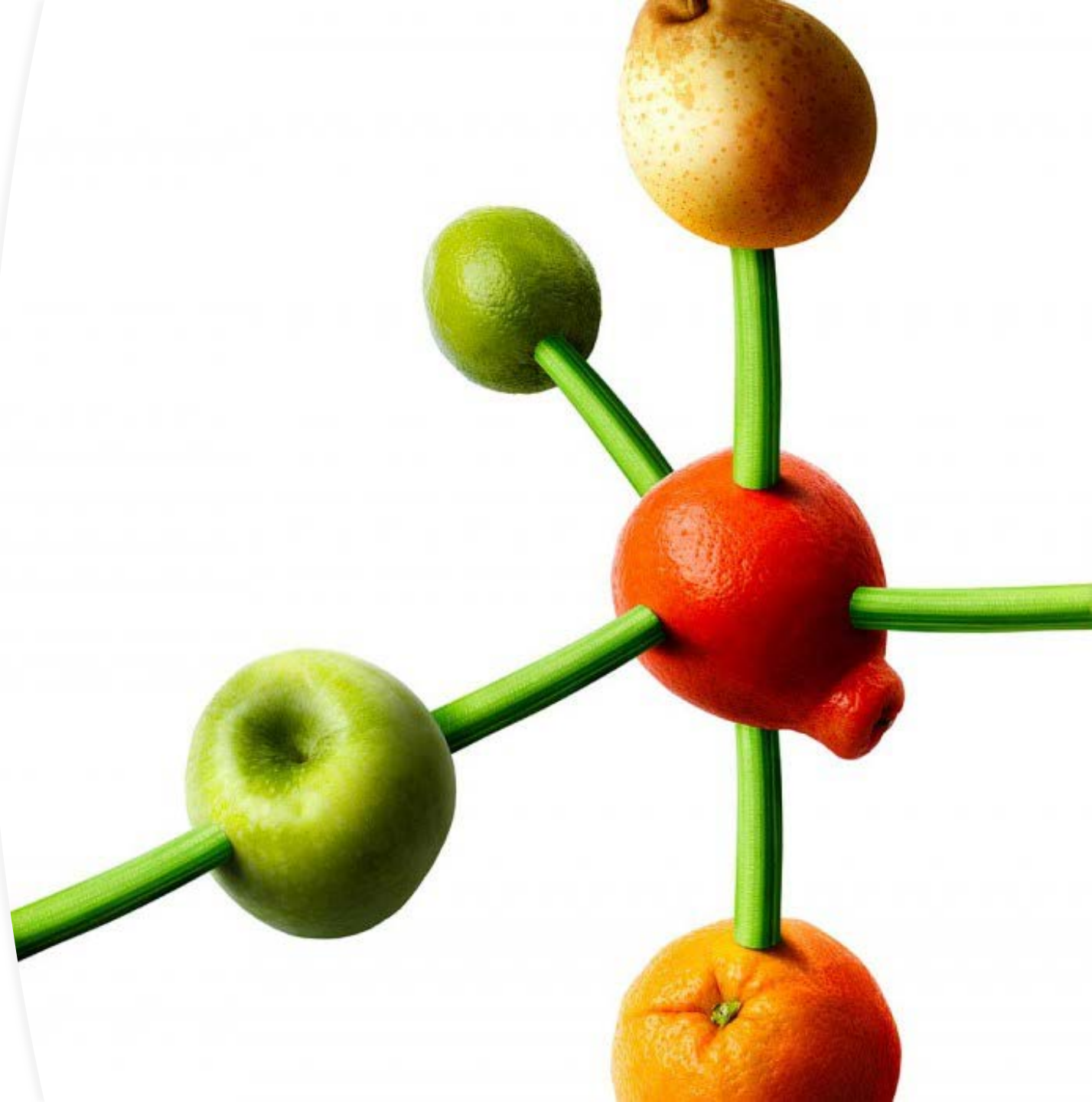
Cardiorespiratory fitness assessment

- CPET = Gold standard

Need to know baseline functions of tissues

Nutrition assessment

- Screening detects those people most at risk of disease related malnutrition
- Nutritional assessment – process of collecting and interpreting information to help make decisions about nature and cause of nutrition related issues
- Include diet history, assessment of eating habits, dietary impact factors, anthropometric measurements, body composition and muscle mass measurements



Psychological assessment

- Patient health questionnaire – PHQ
- Generalised Anxiety Disorder assessment – GAD-7
- Hospital Anxiety and Depression Scale – HADS



Outcomes

Emotional function as measured by EORTC-QLQ-C30

Health related quality of life (EQ-5D-5L)

Health economics analysis (EQ-5D-5L)

Patient Activation – Patient Activation Measure (PAM)

Self-reported physical activity (Godin Leisure Time Exercise Questionnaire)

Nutrition Assessment (Patient Generated – Subjective Global Assessment)

Self-efficacy for self-management of chronic disease

Distress as measured by the Emotion thermometers

Duke's Activity Status Index (DASI)

Holistic needs assessment

Process evaluation – semi-structured interviews with participants and professionals to explore acceptability, usefulness and barriers to delivery/engagement

Thank you for listening

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