



London cancer recovery planning

Prehabilitation seminar 2

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<https://www.healthylondon.org/our-work/cancer/>

[@TCST_London](#)

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In the beginning (March 2020)...

- Clinical working groups stood up across 8 tumour groups
- STP GP Leads meeting re-instated
- Diagnostics working group stood up
- Three new personalised cancer care groups stood up:
 - Personalised stratified follow up
 - Psycho-social support
 - Prehabilitation
- Legacy of Macmillan funded 4 year cancer rehabilitation + lymphoedema and 3 year psychosocial strategic programmes in TCST

Prehab/rehabilitation

In May, we asked “what could a ‘prehab lite’ package look like?”



Map current offer (compared to mapping completed by TCST late 2019).

Quantify current activity (March-April)

Workforce – adapt analyser tool to identify where tasks can be offloaded to other workforce or removed as per new ways of working.

Prehab working group – how has it evolved?

Contacted the cancer rehab champions from each STP (as identified through TCST's earlier Macmillan funded programme) + Alliance personalised cancer care leads (3 out of 4 are AHPs).

First few meetings – understanding what each other were doing, looking to Kent & Medway and Greater Manchester for learning.

Areas of focus in development with sub groups:

- outcome and assessment measures – develop an annotated list of those used by different services, including rationale for using them, limitations of using them doing virtual appointments and any workarounds
- Health promotion – collate suite of resources used and including them on the [London cancer wellbeing website](#) so that services can direct patients to information. Pan London communications regarding 'preparation for treatment' is being drafted.
- Guide to developing business cases for prehab