

The PROsPER Project

(The **P**(rehabilitation), **R** (rehabilitation) **osPer** (personalised care) project)

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Project overview and outputs

Project overview

- HEE and Macmillan identified a need for the development of education and development offers for allied health professionals and the wider workforce about personalised care ***with a focus on prehabilitation and rehabilitation in people with cancer***
- Project commenced Spring 2020, to be completed Autumn 2021
- Project outputs will be available to all across the UK
- PROsPeR steering group, subject matter experts and reviewers

Project outputs

- E-learning developed in collaboration with E-Learning for Health
- Face to face/virtual workshops/best practice webinars
- Optional accredited Masters module
- Toolkit

Concept of Personas

Persona 1

Requires a foundation level of knowledge related to personalised care, prehabilitation and rehabilitation working and /or Cancer

Persona 2

Has knowledge in personalised care and either Cancer or Prehabilitation/Rehabilitation but not necessarily both

Persona 3

Has knowledge of personalised care, cancer and prehabilitation and rehabilitation

Persona 4

Clinical leads, commissioners, managers with strategic decision making responsibility

PRosPer Modules

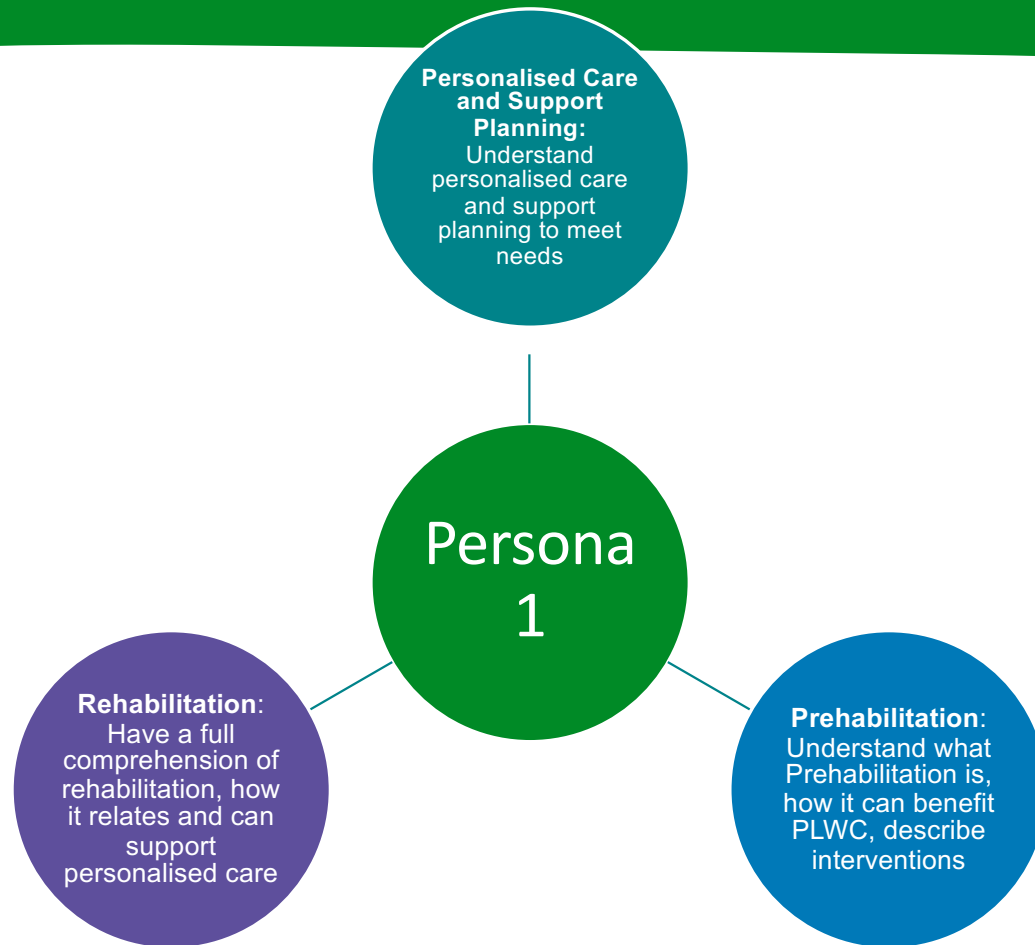
Personalised
care and
support

Cancer
Prehabilitation

Cancer
Rehabilitation
and symptom
management

Service
redesign and
workforce
development

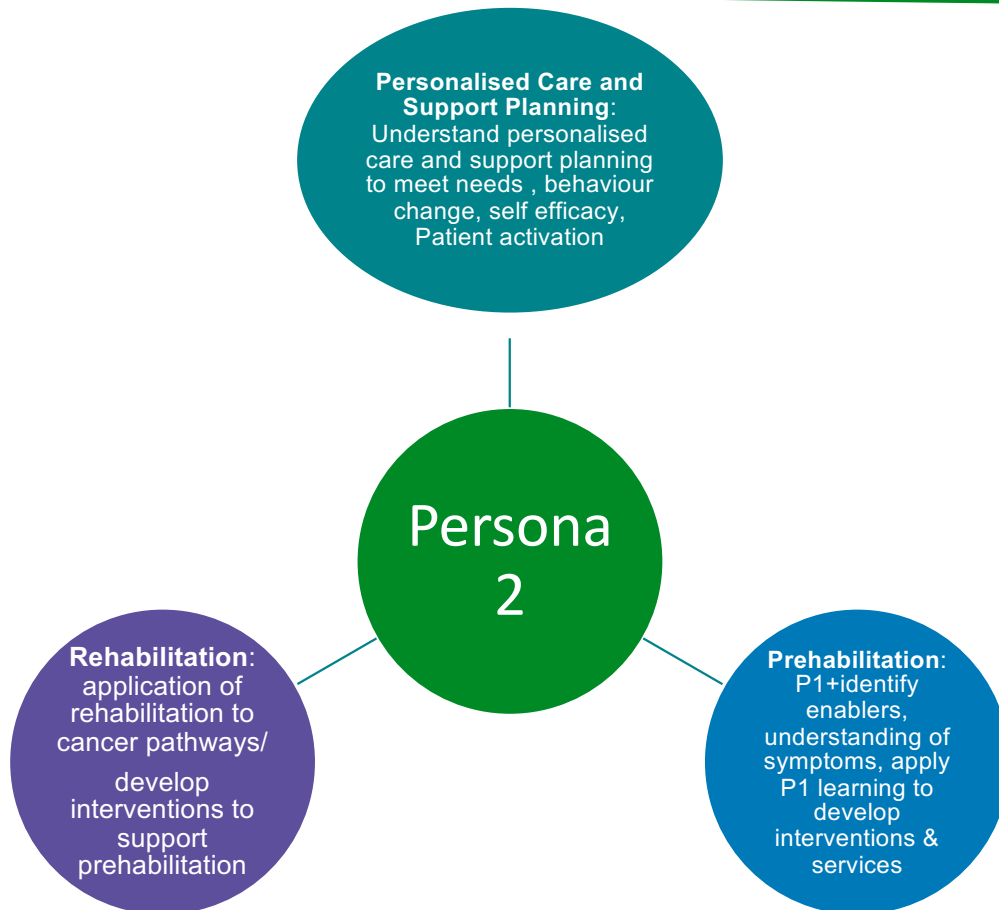
Persona 1 content: Foundation level



Examples of types of P1 professionals:

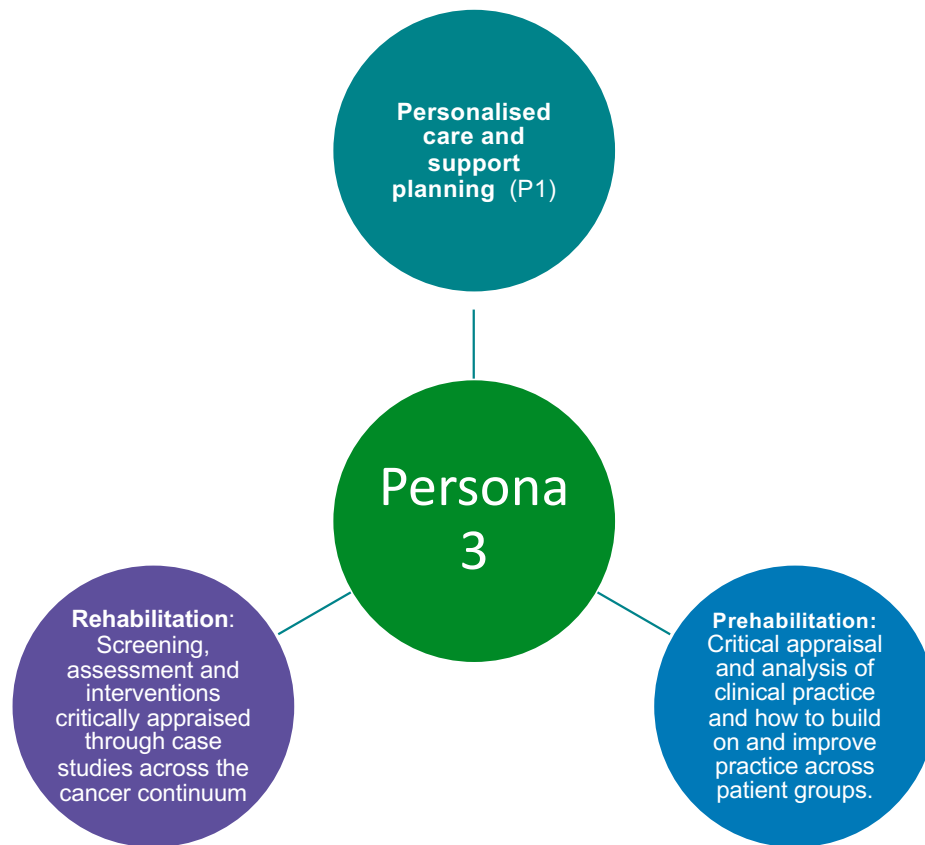
- Cancer Support Workers
- Health and social care undergraduate students
- Physical activity professionals
- Generalist healthcare professionals e.g. GP's,
- Practice nurses
- Clinical nurse specialists
- Social care professionals
- Paramedics
- Oncologists
- Community pharmacists
- Consultant surgeons
- Information managers

Persona 2 content: Intermediate level building on foundation



- Examples of types of P2 professionals:
- AHPs working in prehabilitation and rehabilitation
- Anaesthetists
- Cancer specialist AHP or CNS's
- Therapy Radiographers
- Macmillan GP's
- Chemo and targeted therapies CNS's
- Specialist CNS's for specific tumour types
- Specialist Physical activity workers
- Cancer support workers
- Rehabilitation assistants
- Information and support workers

Persona 3 content: Advanced level



Examples of types of P3 professionals

- Cancer specialists prehabilitation and rehabilitation AHPs and other healthcare professionals
- Late effects healthcare professionals e.g. therapy radiographer
- Educators on prehabilitation and rehabilitation

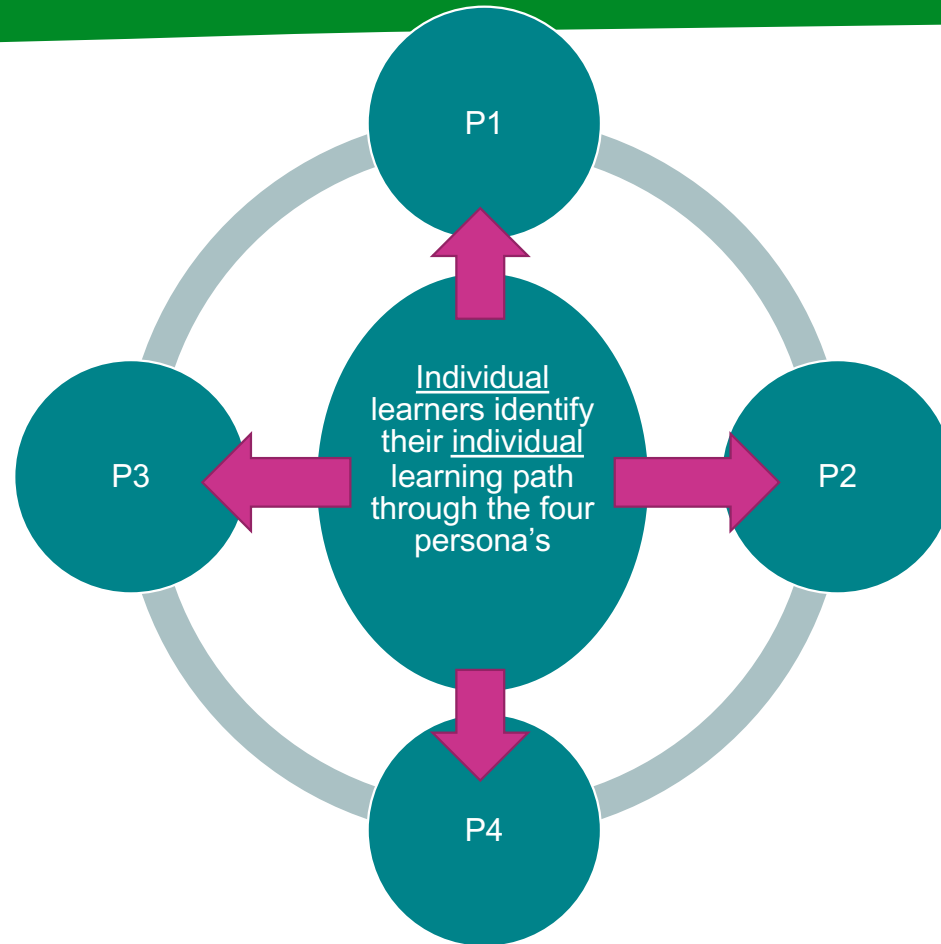
Persona 4 toolkit



Examples of types of P4 professionals

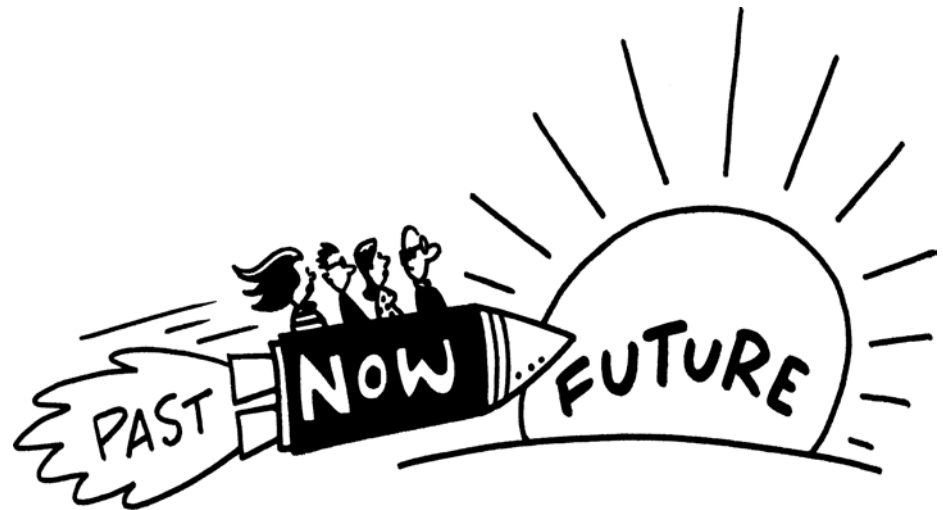
- Leads for strategy, policy, service delivery and commissioning
- Clinical leads with strategic decision-making responsibility

Ethos of the education pathway model



Next steps and future plans

- Persona 1 x 2 modules (personalised care and support and prehabilitation) to be launched in March 2021
- Service redesign and workforce development module – likely to be across Persona
- Accessibility of PROsPer through platforms in each nation of the UK
- Refresh and updating of the cancer rehabilitation pathways



Persona 2 content outline

- **Module 1** – Principles of self-management, Behaviour Change, Self-efficacy and Patient Activation
- **Module 2** - Prehabilitation
- **Module 3** - Rehabilitation Management of Cancer Symptoms Across the Cancer Pathway (3x symptom cluster modules)

P2 Module 1: Personalised Care

Build on *Introduction to Prehabilitation, Rehabilitation & Personalised Care* (Persona1, Module 1):

- Behaviour change
- Patient activation
- Promoting self-efficacy
- PROMS/ePROMS
- Motivational interviewing
- Health coaching

P2 Module 2: Prehabilitation

Build on P1 Prehabilitation content to cover:

- Screening & identifying levels of intervention
(*Universal/Targeted/Specialist*)
- Difference between screening and assessment.
- Implementation strategies for prehabilitation interventions to minimise cancer treatment side effects
- Targeted healthy lifestyles interventions
- Case studies

P2 Module 3: Rehabilitation

3x modules – approx. 30 mins learning per module

- a) Fatigue, breathless, worry, fear & anxiety/psychological support/depression/sleep problems, communication, cognitive function.
- b) Pain, mobility, physical function, neuropathy, hemiplegia/paraplegia, lymphoedema, skin & soft tissue management, bladder, bowel & sexual function.
- c) Nutrition, weight management, swallowing, body image, nausea & vomiting, diarrhoea, taste changes.

Module 4: Services & workforce

May be cross-cutting across all personas & has synergy with P4 toolkit.

- Data collection
- Clinical outcome measurement
- Cost effectiveness measures
- Presenting the impact and outcomes of prehabilitation and rehabilitation
- Workforce development, competency etc

Questions

- ❖ Do the Module 3 symptom clusters look & feel sensible?
- ❖ Do you think Module 4 would be helpful? Or is the P4 toolkit sufficient

Persona 3 Outline

- E-learning + optional academic BSc/MSc credits
- 3x modules of content
- Self-directed, reflective learning approach

Options for structure:

Option A

Work through the whole patient pathway for 3 tumour types/sites (e.g. breast, head & neck, lung)

Option B

Each module could focus on a different time of need/ stage in the pathway (e.g. diagnosis/prehab, during & after treatment, palliative care)

Questions

- ❖ Is content outline appropriate for intended audience (cancer rehab specialists) ?
- ❖ Which structure option do you prefer? (or any other suggestions?)

Persona 4 - Toolkit

- ❖ Strategic development of cancer prehabilitation and rehabilitation
- ❖ Measuring the outcomes and impact of prehabilitation and rehabilitation
- ❖ To signpost to established prehab and rehab services
- ❖ To provide a variety of models to support service innovation
- ❖ Not an e-learning module



Strategic development of cancer prehabilitation and rehabilitation

Indicative content may include reference to

- ❖ The importance of local and regional population needs
- ❖ Developing the evidence
- ❖ Links to organisation and system wide priorities
- ❖ Health economics and data capture
- ❖ Stakeholder engagement



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Measuring the outcomes and impact of prehabilitation and rehabilitation

Indicative content may include reference to

- ❖ Data collection
- ❖ Clinical outcomes measurement
- ❖ Cost effectiveness measures
- ❖ Presenting the impact of prehabilitation and rehabilitation measures



Questions

❖ Are there models or best practice examples that you would like to see included in the Toolkit?

Please get in touch if you have any other suggestions?

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