

# 'Unlike anything seen in peacetime': NHS prepares for surge in Covid-19 cases

**Hospitals cancel non-urgent operations in unprecedented shutdown of normal activity**

- [Coronavirus - latest updates](#)
- [See all our coronavirus coverage](#)



As the NHS pivots to coronavirus, what about its other patients?

*Prasanna Sooriakumaran*

Which cancer patients should be continuing chemotherapy during the coronavirus?

*Ranjana Srivastava*



Here are some questions that all chemotherapy patients should ask their oncologist

**The Society interview /  
Michelle Mitchell: 'Cuts to UK  
cancer research could have a  
huge impact on patients'**



Collaboration  
Innovation  
Disruption

@SafeFit\_Trial

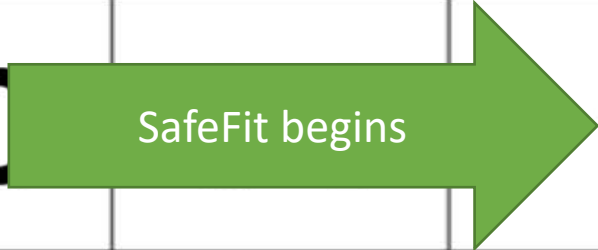
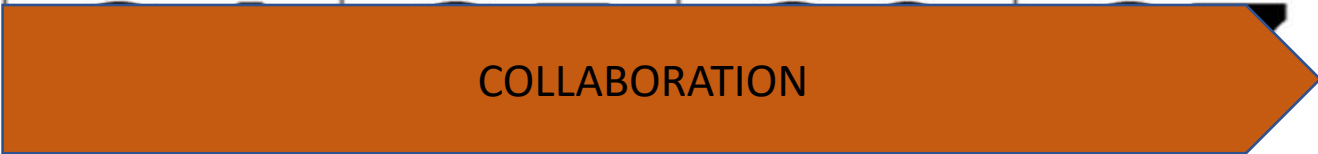
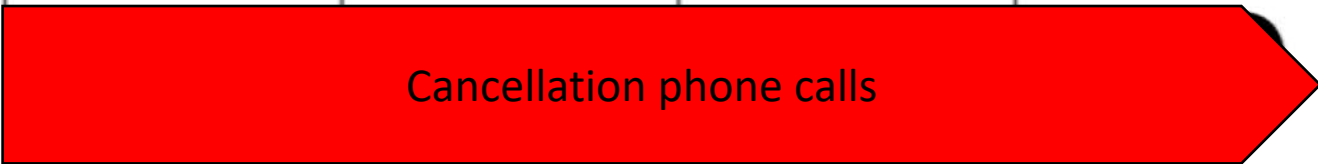
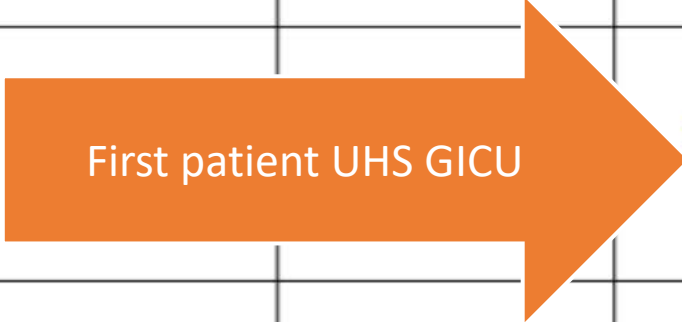
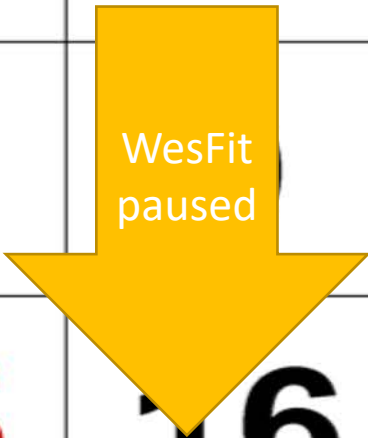


# Exercise Training and Psychological Support Before Cancer Surgery

# March 2020

Four source for calendars

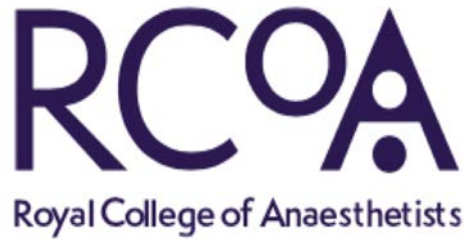
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1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4



# Collaboration



Wessex Strategic Clinical Networks



In partnership with  
THE NATIONAL LOTTERY  
COMMUNITY FUND

## Wessex Cancer Alliance

[Home](#) > [NHS England and NHS Improvement South East](#) > [South East Cancer Alliances](#) >  
Wessex Cancer Alliance





Virtual clinics delivering interventions to support mental and physical health in people with cancer

[SafeFitTrial@uhs.nhs.uk](mailto:SafeFitTrial@uhs.nhs.uk)

# [www.safefit.nhs.uk](http://www.safefit.nhs.uk)

- Confirmed or suspected cancer
- Self –referral
- Screening call – PARQ<sup>+</sup>, PG-SGA, Distress thermometer
- Consent
- Matched to CanRehab instructor

@SafeFit\_Trial

## The SafeFit intervention

- 6-months of one-to-one video/telephone sessions  
CanRehab instructors – level 3 cancer exercise specialists

Nutrition, Exercise, Wellbeing  
Goal setting  
Signposting



[SafeFitTrial@uhs.nhs.uk](mailto:SafeFitTrial@uhs.nhs.uk)





## Non-randomised intervention trial

### **Primary outcome measure:**

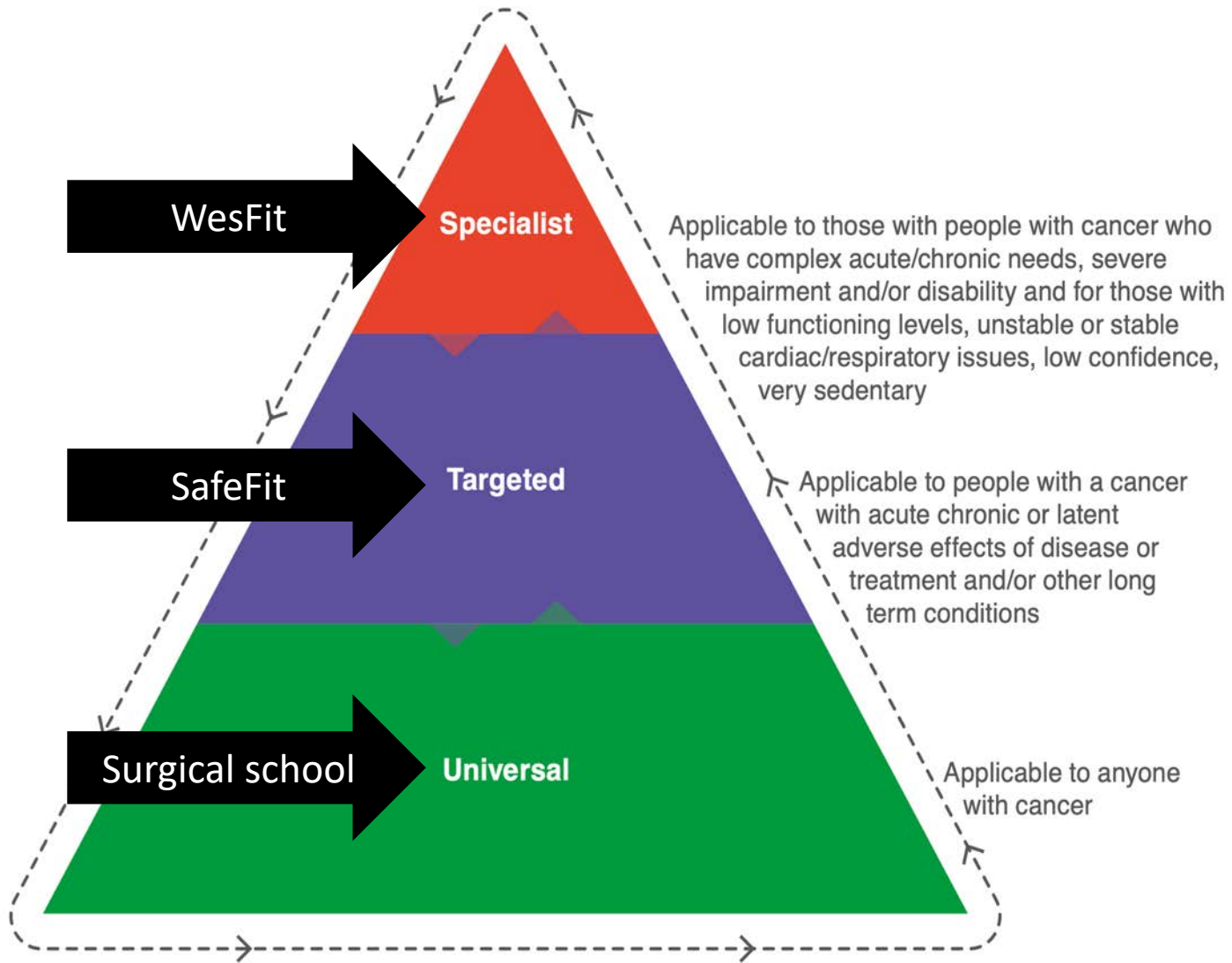
- Physical and emotional functioning as measured by the EORTC-QLQ-C30.

### **Secondary outcome measures:**

- QoL
- Patient Activation (PAM)
- Self efficacy (Godin)
- Nutrition status (PG-SGA)
- Physical activity (DASI)
- Traumatic stress (IES-R)
- 12-month survival

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Figure 3: Prehabilitation interventions

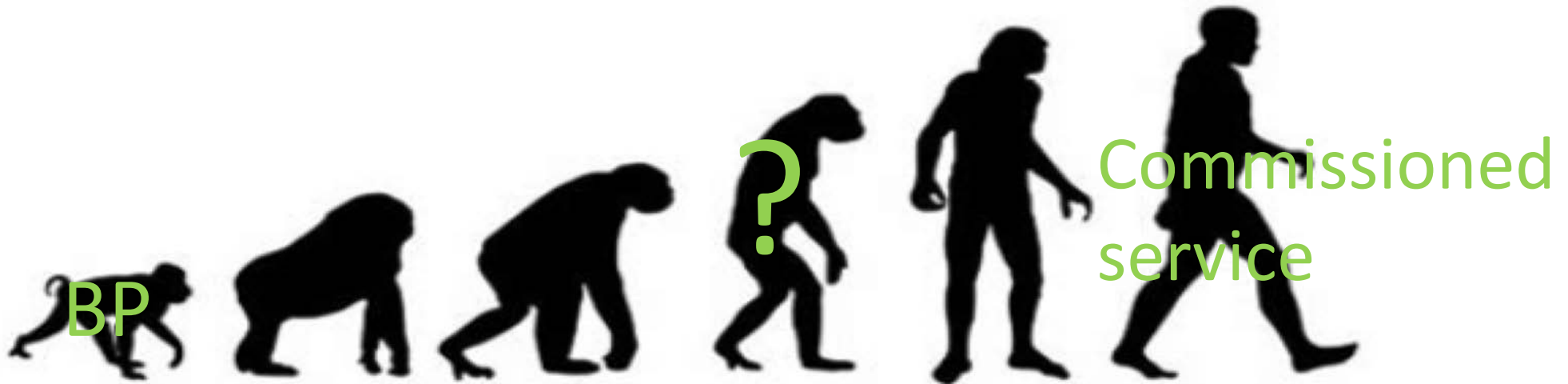


Innovation:  
Necessity is the  
mother of invention

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# SafeFit



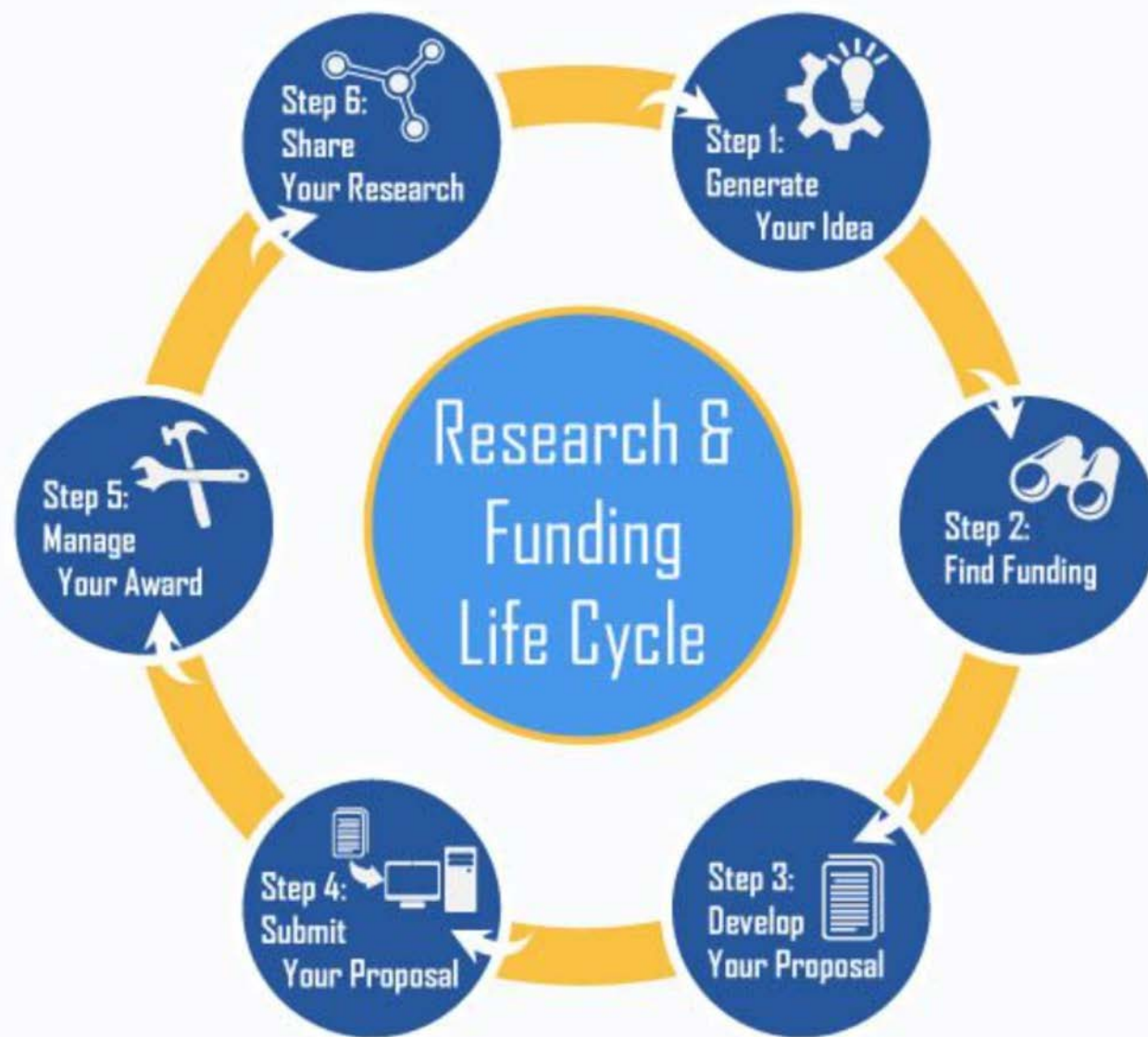
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SafeFit

Progress to date

Disruption:  
'...challenging the  
traditional way of  
doing things'



[www.wesfitorg.uk](http://www.wesfitorg.uk)

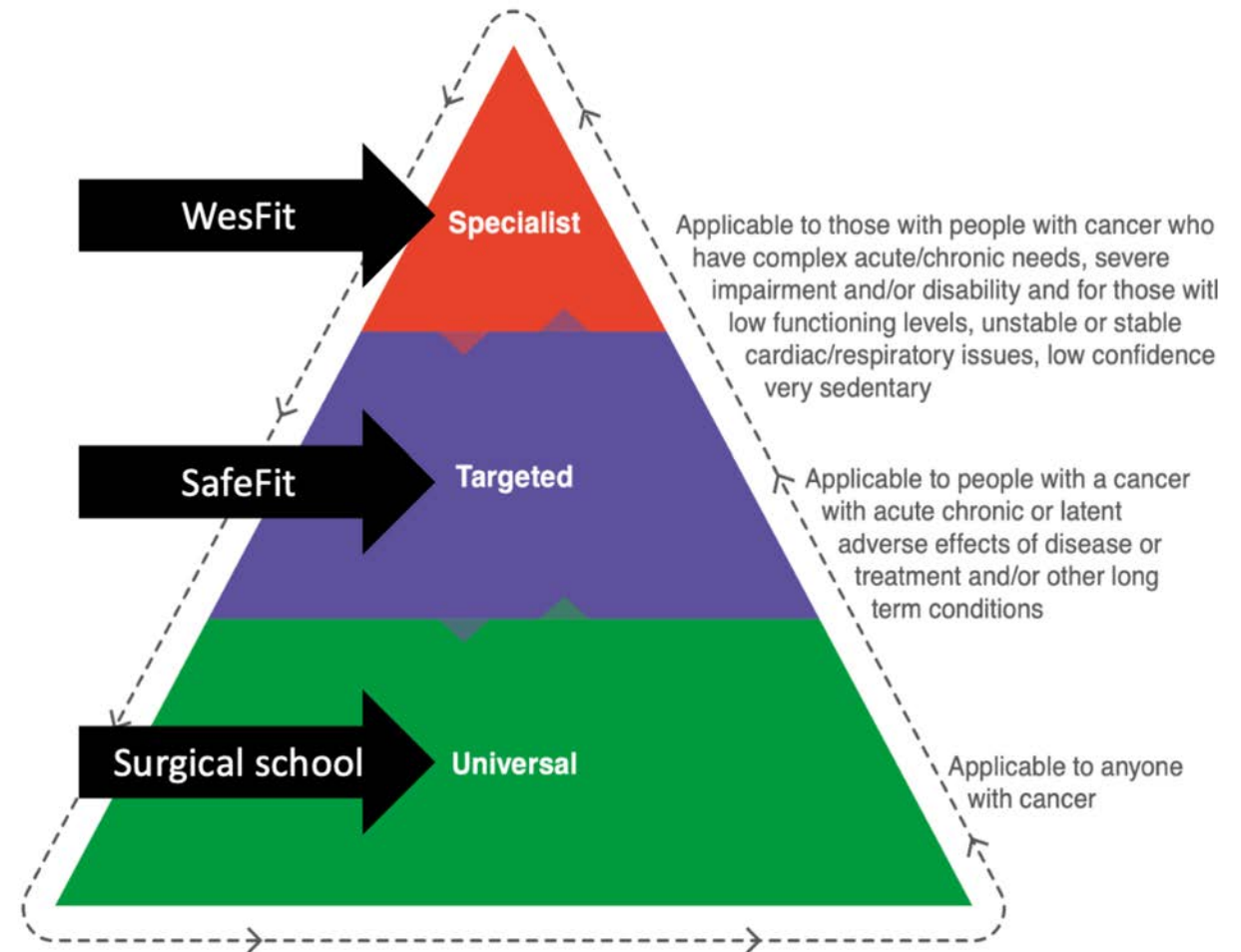
<https://safefit.nhs.uk>

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@WesFit\_trial

@UHS\_POM

Figure 3: Prehabilitation interventions





Innovate:

‘our need will be the  
real creator’

Plato  
‘Republic’  
375 BC

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Disrupt:

‘complex systems may  
not allow for disruptive  
innovations’

Clayton Christensen  
‘The Innovators Dilemma’  
1997

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Collaborate:

‘STOP: collaborate and listen’

Robert Matthew van Winkle

‘Ice Ice Baby’

1990

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Collaboration  
Innovation  
Disruption

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