

# PRosPer Evaluation

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## Theory of Change: Outcomes

- Better understanding of AHPs and other HCPs
- Improved understanding of needs of people with cancer
- Increased confidence to give pre / rehab advice
- Greater awareness of pre / rehab and HCP roles when developing cancer services
- Improved delivery of pre / rehab, responsive to patient need

# Kirkpatrick's Four Levels model



DL Kirkpatrick, JD Kirkpatrick. Evaluating Training Programs, 1993

# Evaluation Questions

## *Reaction*

- What are the attitudes of participants' towards PROsPer programme?

## *Learning*

- What skills, learning, attitudes changed as a result of participating in PROsPer for all sessions?

## *Behaviour*

- Did participants do anything differently in their job as a result of PROsPer? If so what?
- What are the barriers / enablers for enacting learning following PROsPer?

## Data collection (e-surveys & interviews)

Component	Recruitment		Method
<b>1. Foundation: An introduction to personalised care, prehab and rehab (eLfh)</b>	E-Learning for Health survey	Contact details of interested participants provided by eLfh or emailed directly to Evaluation Lead Or User testing group	Interview or email
<b>2. Intermediate: building on your knowledge in personalised care and either cancer or prehab/rehab but not necessarily both (eLfh)</b>	E-Learning for Health survey	Contact details of interested participants provided by eLfh or emailed directly to Evaluation Lead Or user testing group	Interview or email
<b>3. Designing, developing and funding personalised cancer prehab and rehab- A How to Guide (CentRIC+)</b>	Link to e-survey as part of download and link on host page	Contact details available to evaluation team through Microsoft Forms or emailed directly to Evaluation Lead or User testing group	Interview or email E-survey
<b>4. MSc module- Prehab and rehab for people living with cancer (CentRIC+)</b>	Email with link to survey	Participants email evaluation team directly	Focus group E-survey
<b>5. Service redesign and workforce e-module (eLfh)</b>	E-Learning for Health survey	Contact details of interested participants provided by eLfh or emailed directly to Evaluation Lead or user testing group	Interview or email



## Progress of evaluation

- eLfH survey launched
- How to Guide e-survey launched
- 5/16 qualitative interviews recruited to date
- Pre-MSc survey completed

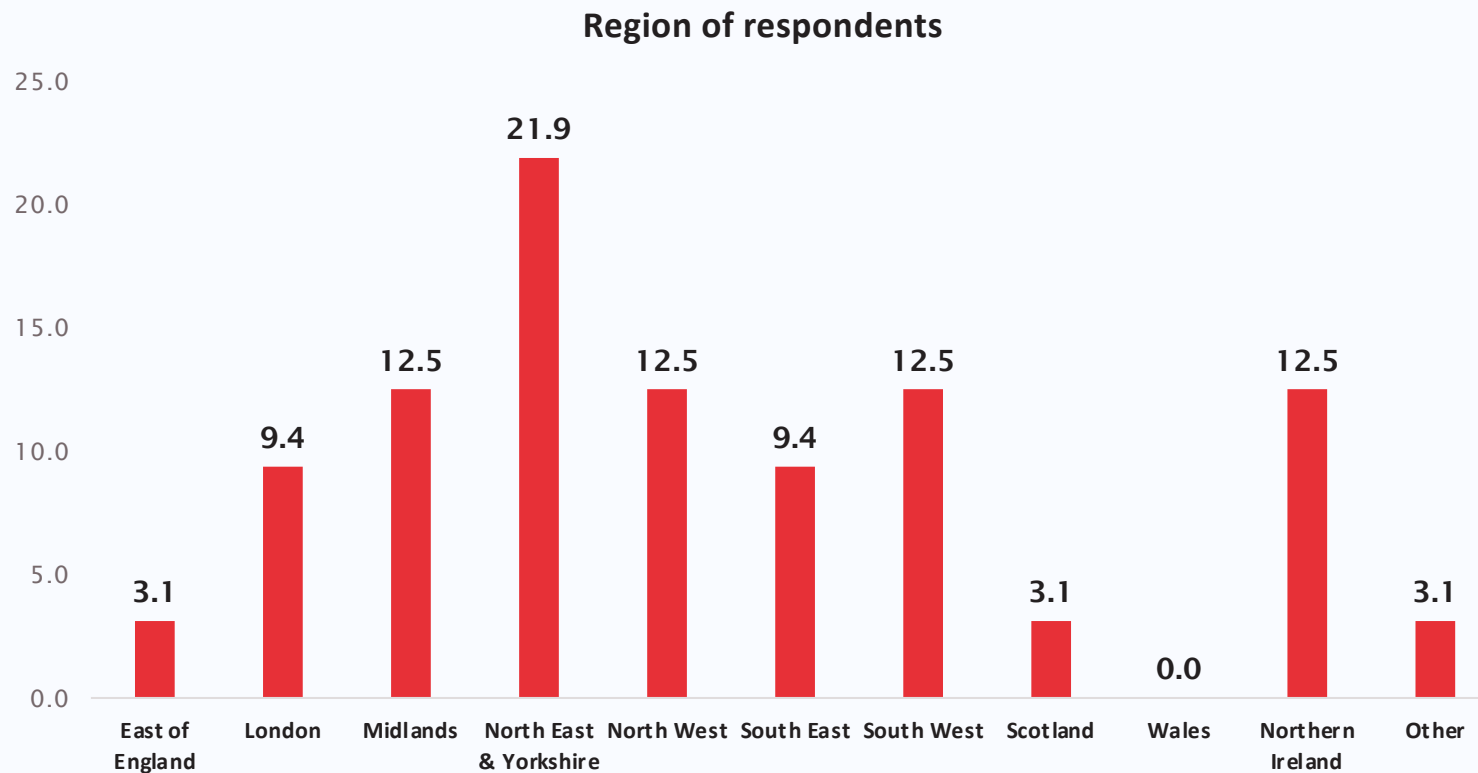
<b>Launch PROsPer and Steering Group</b>  Mar 20	<b>Launch Foundation: personalised care/prehab/ rehab</b>  Apr 21	<b>Launch Intermediate: personalised care/prehab/ rehab</b>  Dec 21	<b>Launch  MSc module</b>  Apr 22	<b>Launch  How to Guide</b>  Apr 22	<b>Launch Service redesign &amp; workforce</b>  May 22	<b>Delivery of evaluation report</b>  Oct 22
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## MSc module- Prehab and rehab for people living with cancer e-survey

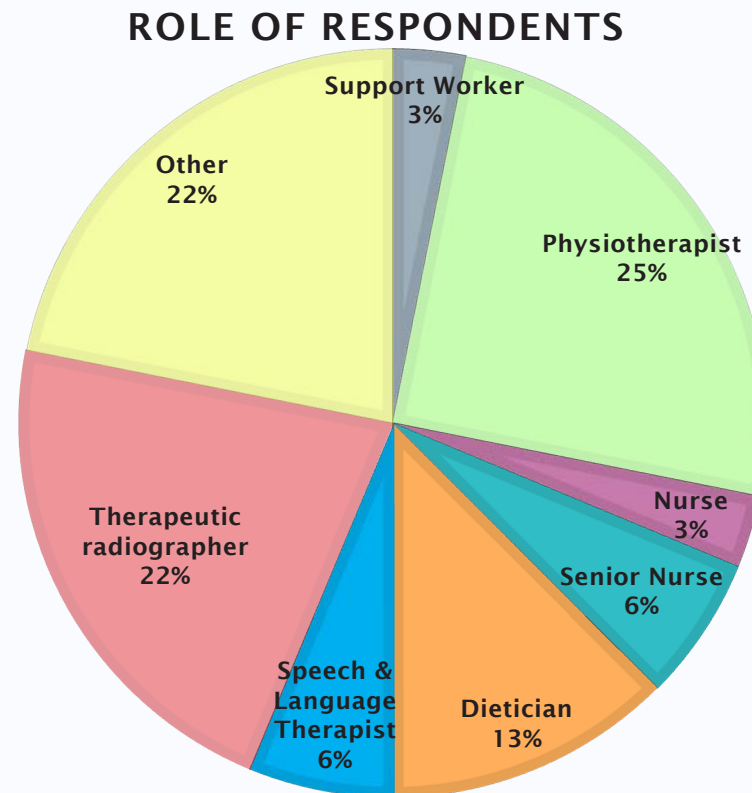
- Survey conducted at two timepoints:
  - T<sup>0</sup>: Pre module (motivations, knowledge levels and training needs relating to the MSc module)
  - T<sup>2</sup> Post module (reactions to the module / key learning / implications for practice)
- T<sup>0</sup>Response rate- 94.1% (n=32)

# MSc module- Prehab and rehab for people living with cancer e-survey

- Region respondents are based



# MSc module- Prehab and rehab for people living with cancer e-survey

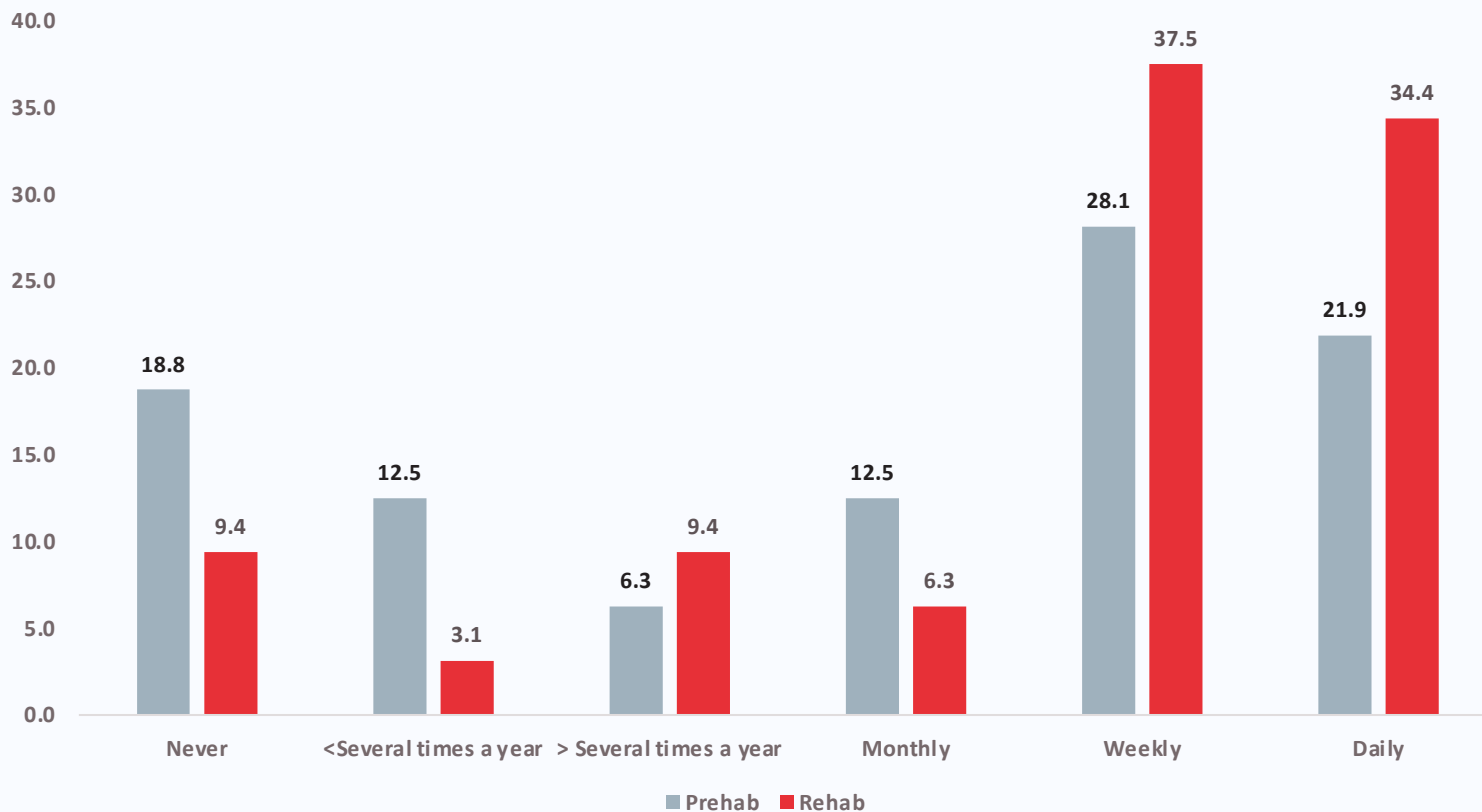


- Majority had over 10 years experience working in healthcare (53.1%)

# MSc module- Prehab and rehab for people living with cancer e-survey

- Majority were initiating conversations with patients about rehab on a weekly/daily basis

Frequency of initiating conversation about prehab & rehab



## MSc module- Prehab and rehab for people living with cancer e-survey

- **Factors that limit discussion about prehab and rehab:**
  - lack of knowledge of appropriate services
  - lack of training
  - lack of time
  - lack of funds to provide service
- **Training needs to enable delivery of prehab and rehab services**
  - knowledge of current prehab and rehab services available (n=25)
  - knowledge in how to build a business case (n=26)
  - knowledge in inequalities in prehab/rehab services (n=28)
  - how to evaluate the effectiveness of prehab/rehab services (n=29)
  - how to determine the cost/benefit of prehab/rehab services (n=30)

## Reasons for enrolling onto MSc module

Improve knowledge/learn

“

I chose this module to gain further knowledge up to date and evidenced based pre and rehab for cancer patients [...].

Support to set  
up/develop/improve  
service

“

Ultimately I would like to lead on setting up a prehabilitation service in my trust. I am hoping this module will improve my skills in leadership, engaging stake holders and writing business cases.

Learn from  
peers/collaboration

“

Drawn by the opportunity to learn from peers from other healthcare professionals [...].

Intermediate level: building on your knowledge in personalized care and either cancer or prehab/rehab but not both

### Views on session

“ I think for somebody doesn't know much about it, I think they did cover and highlight well about potential consequences that a patient may experience.

“ It was good at identifying the problems patients have.

### Transferability of programme

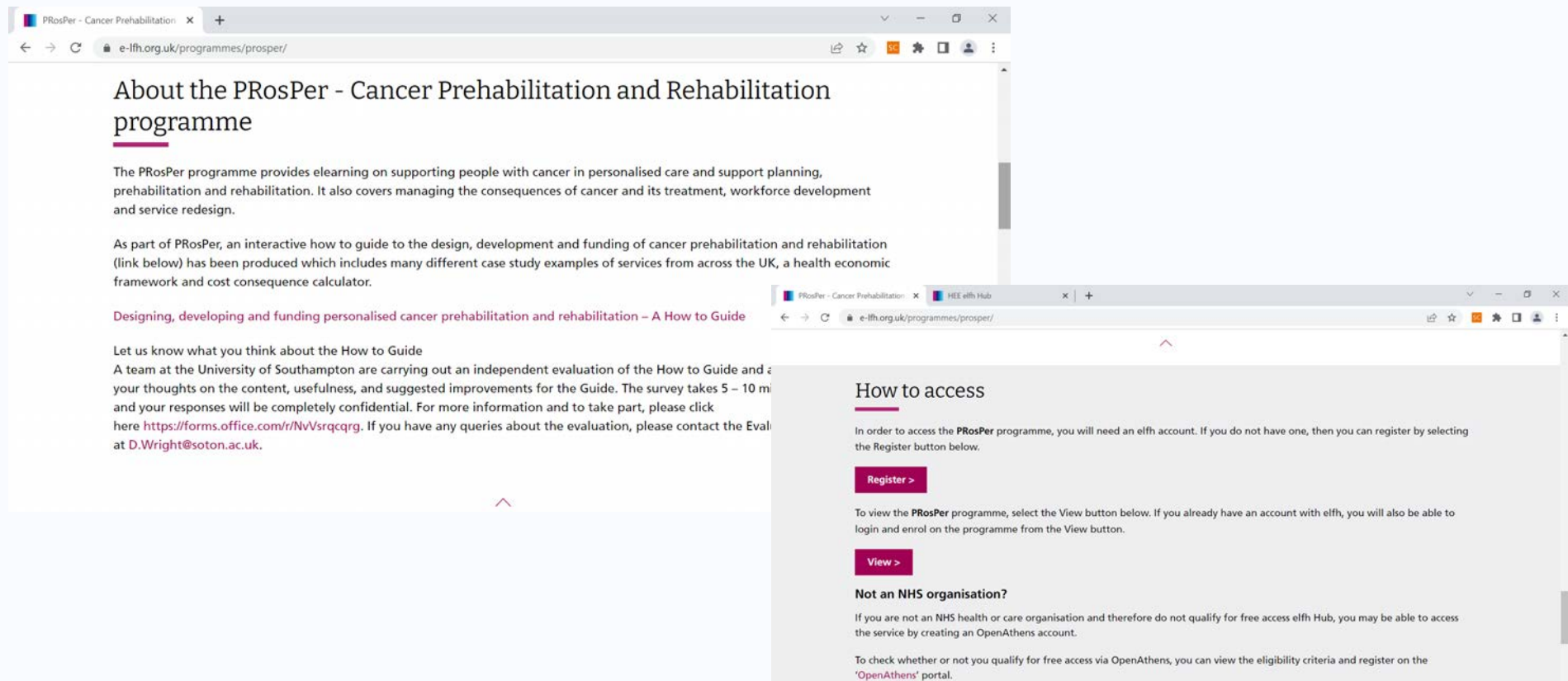
“ A lot of it's the fundamentals of health and wellbeing, so PROSPer is a good platform for that. It could be a real platform for prehab and rehab, it's very transferable.

## Next stages

- Completion of interviews / follow up interviews for components 1, 2, 3 and 5
- Completion of How to Guide survey
- Completion of post MSc survey and three focus groups with module attendees
- Completion of up to 5 interviews with PROsPeR staff

# We'd love to hear your feedback...

- Complete evaluation survey on E-learning for health homepage
- Email [D.Wright@soton.ac.uk](mailto:D.Wright@soton.ac.uk) directly to take part in an interview
- Option to fill in a survey and/or take part in an interview



The screenshot shows a web browser displaying the PRosPer - Cancer Prehabilitation and Rehabilitation programme website. The page is titled "About the PRosPer - Cancer Prehabilitation and Rehabilitation programme" and provides information about the programme's focus on e-learning, personalised care, and support planning. It also mentions a "How to Guide" and a survey for feedback. The page includes a "How to access" section with buttons for "Register >" and "View >".

**About the PRosPer - Cancer Prehabilitation and Rehabilitation programme**

The PRosPer programme provides elearning on supporting people with cancer in personalised care and support planning, prehabilitation and rehabilitation. It also covers managing the consequences of cancer and its treatment, workforce development and service redesign.

As part of PRosPer, an interactive how to guide to the design, development and funding of cancer prehabilitation and rehabilitation (link below) has been produced which includes many different case study examples of services from across the UK, a health economic framework and cost consequence calculator.

**Designing, developing and funding personalised cancer prehabilitation and rehabilitation – A How to Guide**

Let us know what you think about the How to Guide

A team at the University of Southampton are carrying out an independent evaluation of the How to Guide and your thoughts on the content, usefulness, and suggested improvements for the Guide. The survey takes 5 – 10 minutes and your responses will be completely confidential. For more information and to take part, please click here <https://forms.office.com/r/NvVsrqcg>. If you have any queries about the evaluation, please contact the Evaluation team at [D.Wright@soton.ac.uk](mailto:D.Wright@soton.ac.uk).

**How to access**

In order to access the PRosPer programme, you will need an elfh account. If you do not have one, then you can register by selecting the Register button below.

**Register >**

To view the PRosPer programme, select the View button below. If you already have an account with elfh, you will also be able to login and enrol on the programme from the View button.

**View >**

**Not an NHS organisation?**

If you are not an NHS health or care organisation and therefore do not qualify for free access elfh Hub, you may be able to access the service by creating an OpenAthens account.

To check whether or not you qualify for free access via OpenAthens, you can view the eligibility criteria and register on the 'OpenAthens' portal.

