

Prehabilitation and rehabilitation in action

Overview of a nurse role

	Description
Summary of patients social history and relevant past and current medical history	CNS takes a basic medical history, usually from notes or things raised during a consultation. Some specific questions are asked if relating to treatment / recovery (i.e diabetic, smoker, alcohol intake, previous surgery and healing, steroids etc). We also take a brief social history (who's at home, help available during treatment etc). In general it is very much a holistic approach and relevant information is shared within the team (following confidentiality policy / GDPR)
Type of prehabilitation, rehabilitation screening undertaken and by whom (which roles)	CNS – holistic approach pre treatment. Referral to other HCP's where indicated and with patients consent i.e dietician (pre hab), physiotherapy etc
Type of prehabilitation/rehabilitation assessment(s) undertaken and by whom (which roles)	Holistic assessment as documented about Emotional, physical, psychological, spiritual, financial, practical. Undertaken by clinician, CNS and Cancer Support Worker and other members of the MDT depending on patients pathway.
Interventions delivered	
Universal	<p>Exercise: We refer to the MSK physiotherapy outpatient department where indicated / needed or patients local msk department. Inpatient physiotherapy where needed although most of our surgery is now performed as day surgery</p> <p>Nutrition: We have a dietician 1 day a week but make referrals at any point and our dietician is fantastic about getting back to us asap. We also sign post to information on our trust website,</p>



	<p>MMR page and refer to a pre hab dietician service currently being trialled for patients having neo-adjuvant chemotherapy.</p> <p>Psychosocial support: CNS are all L2 trained. We refer to psycho-oncology team and also charities and external agencies – pink place, Maggies, Macmillan, Wessex Cancer Services, Breast Cancer Now (to name a few). We also offer a moving forward course in conjunction with Breast Cancer Now. HNA / care plans</p> <p>Other: research team, PALS, Alcohol intervention team, safeguarding, mental health liaison, etc</p>
Targeted	<p>Exercise:</p> <p>Nutrition:</p> <p>Psychosocial support:</p> <p>Other:</p>
Specialist	<p>Exercise: MSK physiotherapy team</p> <p>Nutrition: Oncology Dietician</p> <p>Psychosocial support: As mentioned above</p> <p>Other: Oncoplastic services within Network, other Trusts if a second opinion is suggested / requested.</p>
Monitoring and evaluation	<p>HNA's completed by CSW team. Patients have access to CNS for support (in person or the phone). Access to PIFU (patient initiated pathway) if suitable, traditional follow up if unsuitable for PIFU or patient choice.</p> <p>Signposting to befrienders, citizens advice bureau (CAB), gyms / leisure centres with specific trained staff, cancer care map, app /web site i.e parenting with cancer, support for younger women.</p> <p>Liaise with GP services, social prescribers etc</p>
Outcome measures used	<p>Local charities, access to voluntary agencies</p>



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