



# TSDFT Prehab for Cancer

## Pilot outcomes

1<sup>st</sup> March – 1<sup>st</sup> November 2023



# TSDFT Prehab for Cancer Pilot

**NHS**

**Torbay and South Devon**  
NHS Foundation Trust

Macmillan Funding for 2 x Band 6's (0.8 WTE, 12 month fixed term)

## Registered Nurse

- ▶ 0.8 WTE 15<sup>th</sup> November 2022 - 21<sup>st</sup> June 2023
- ▶ 1 WTE 5<sup>th</sup> June 2023 - 10<sup>th</sup> November 2023

## Occupational Therapist

- ▶ 0.8 WTE September 2022 - 21<sup>st</sup> June 2023
- ▶ 0.4 WTE 11<sup>th</sup> May 2023 - 10<sup>th</sup> November 2023

- ▶ 31<sup>st</sup> January 2023: Pilot launch presentation
- ▶ 1<sup>st</sup> March 2023: Pilot live for referrals
- ▶ 7<sup>th</sup> June 2023: David Jenkins Exercise Instructor sessions start (1 hour a week)

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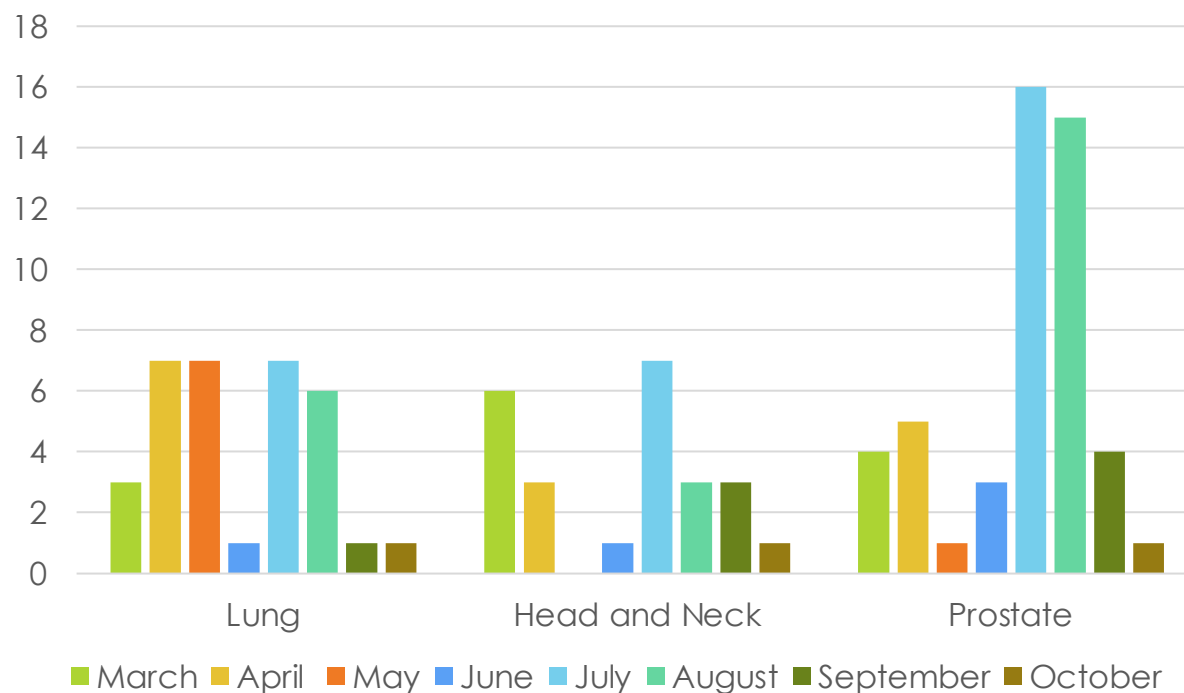
Gill Lambert (RN) & Rachel Marr (OT)



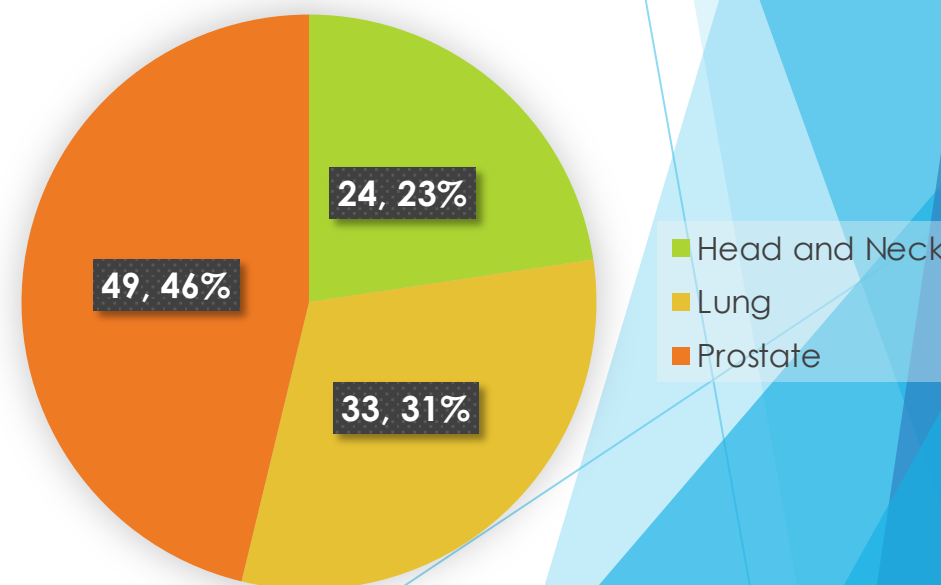
# Prehab Referrals Data

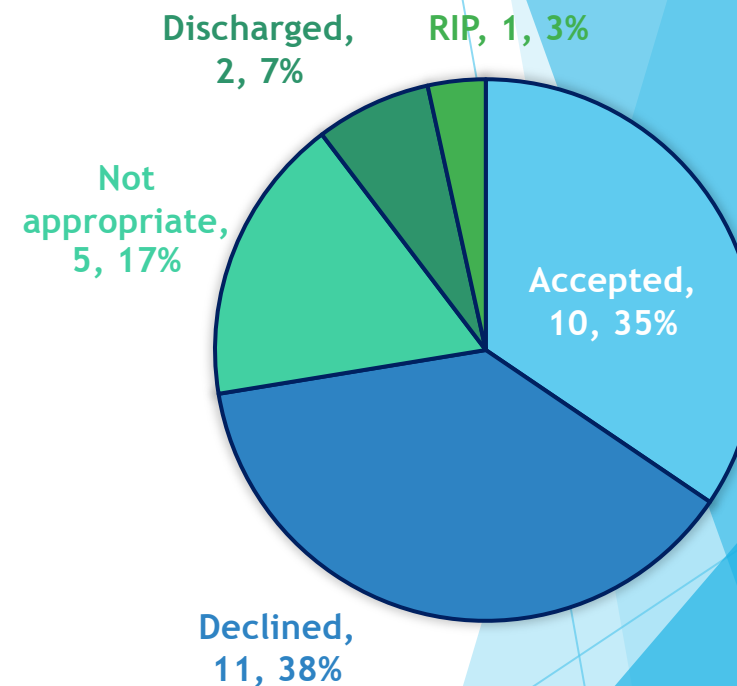
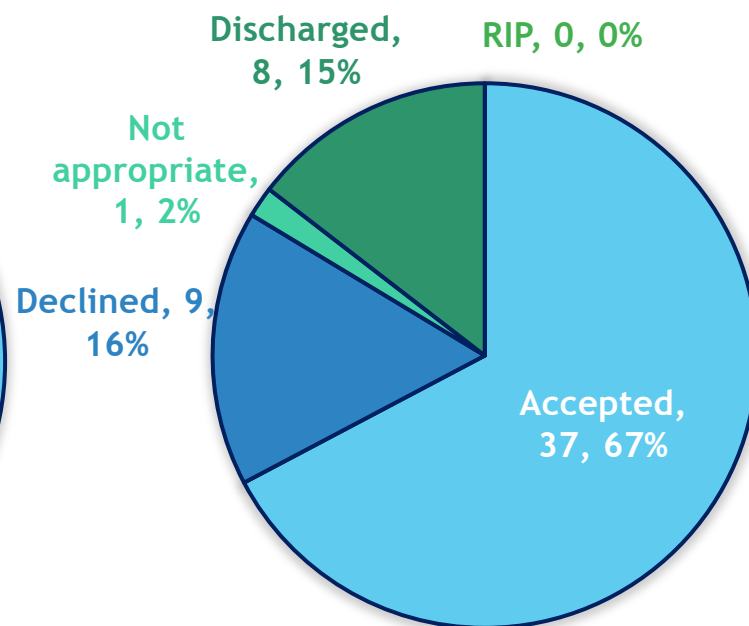
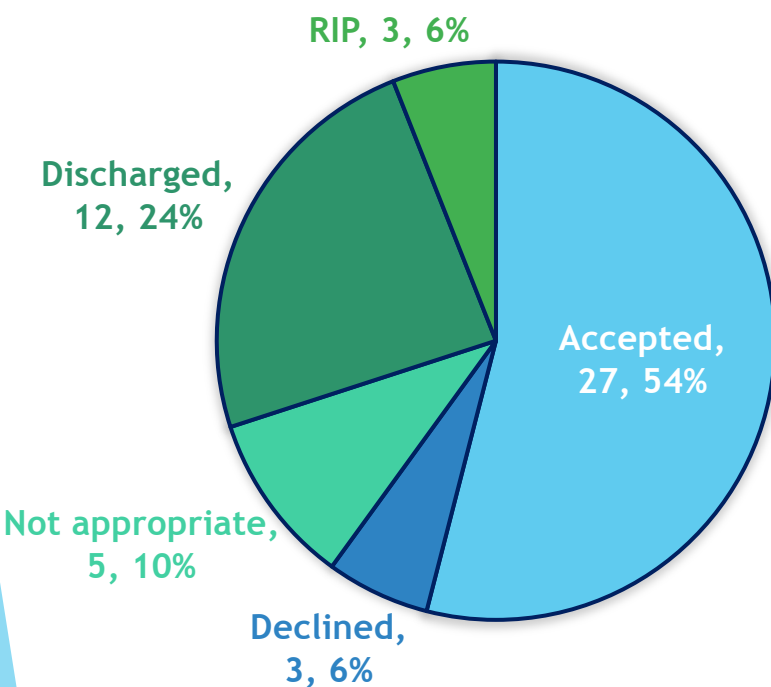
106 referrals received

Referrals received per month



Referrals to Prehab March – October 2023







You are invited to take part in the (TSDFT) **Prehabilitation** for Cancer, designed to help you prepare for a small number of changes now which you respond and recover

### What is Prehabilitation?

Prehabilitation is a positive step towards treatment by promoting healthy **support** and **advice**. It can help

- Moving more and being active
- Looking after your diet by eating well
- Keeping hydrated by drinking water
- Your emotional wellbeing

We can also support you to stop smoking as this will also help your recovery, as well as improve

### Benefits of Prehabilitation

Benefits may include:

- Reduced treatment side effects
- Improvements in your mobility
- Better energy levels
- Enhancing your quality of life

Some people report improvement in

### Torbay and South Devon Prehabilitation

TSDFT Prehabilitation for Cancer provides personalised **exercise** advice, nutritional and well-being interventions provide by exercise specialists trained to work

### Contact details

#### Personalised Cancer Care Team

Richard Dimpleby Education Room, Level 6  
Torbay and South Devon NHS Foundation Trust  
Newton Road  
TQ2 7AA

09:00 – 16:00

Mondays to Fridays (except bank holidays)

☎ **01803 656693** Answerphone available

✉ [tsdft.cancerprehabilitationreferral@nhs.net](mailto:tsdft.cancerprehabilitationreferral@nhs.net)

📱 @Torbaypersonal1

[www.torbayandsouthdevon.nhs.uk/services/cancer-support-services/prehabilitation-for-cancer/](http://www.torbayandsouthdevon.nhs.uk/services/cancer-support-services/prehabilitation-for-cancer/)

[www.torbayandsouthdevon.nhs.uk/](http://www.torbayandsouthdevon.nhs.uk/)

#### Useful resources:

**Macmillan leaflets available online or please ask for copy**

- \* **Coping with fatigue (tiredness)**
- \* **Healthy eating and cancer**
- \* **Physical activity and cancer**

25775 V1/Cancer Services/TSDFT/03.23/Review Date 03.25

access to treatment by reducing anxiety and improving your long-term health. We are Occupational Therapist and referred to a small group of patients for head and neck cancer.

work with health care professionals and **important to you**, promoting your recovery. There are opportunities for online and planned group work to encourage you to bring a friend or

as active as possible as this keeps your body fit and will help your body cope better with any activity that makes you feel tired. If you are already active, continue to be active a little more. If you are not currently active, this is the perfect time to start. Regular exercise affects muscle tone which can affect your strength and cardiovascular health, making you fitter and more confident.

There is no right or wrong way to feel when you start. Different feelings can show up. What is perhaps most important is to keep going and do the best you can to be active for yourself. Each person is different, so it is important to do what is best for you with whatever particular challenges you are facing along the way.

A variety of foods from all food groups is important for your wellbeing. This may help you to cope with the side effects of cancer and cancer treatments. You will be advised on ways in which to





Gill Lambert (RN) & Rachel Marr (OT)





Prehab 1

#### Food Sources

##### Nuts and seeds

Almonds (50g)  
Brazil nuts (75g)  
Cashew nuts (60g)  
Linseeds (50g)  
Peanuts (45g)  
Pecan (100g)  
Pine nuts (70g)  
Pistachio (60g)  
Pumpkin seeds (45g)  
Sunflower seeds (50g)  
Walnuts (70g)

##### Pulses (ready to eat)

Baked beans (200g)  
Black eye beans (145g)  
Borlotti beans (145g)  
Butter beans (160g)  
Cannellini beans (130g)  
Chickpeas (130g)  
Haricot beans (125g)  
Kidney beans (150g)  
Lentils – green (165g)  
Lentils – Puy (100g)  
Lentils – red (140g)

##### Starchy Carbohydrates

Blackbean pasta (50g dry weight)  
Chickpea pasta (100g cooked weight)  
Edamame bean pasta (50g dry weight)  
Green pea pasta (100g cooked weight)  
Red lentil pasta (100g cooked weight)  
Soya bean pasta (50g dry weight)  
Quinoa (200g cooked weight)  
Wheat pasta (70g dry weight)  
Freekeh (200g cooked weight)

MACMILLAN  
CANCER SUPPORT

## HEALTHY EATING AND CANCER



MACMILLAN  
CANCER SUPPORT

## EATING PROPERLY AND CANCER



MACMILLAN  
CANCER SUPPORT

## THE BUILDING-UP DIET

Torbay and South Devon  
NHS Foundation Trust

NHS

20
20

10
10
20
10
20

1/2 pack

10
10



# Psychological support

- ▶ Offering space and time to openly discuss their personal concerns. By using the **HNA** this helps open some of these conversations up when people don't want or know what they want to talk about.
- ▶ Training
  - ▶ Motivational Interviewing
  - ▶ Health Coaching
  - ▶ Level 2 psychological skills
    - ▶ Cross Sectional Formulation - Hot cross bun template
- ▶ Signposting to the Lodge (Cancer Support Centre) if ongoing psychological support needed
- ▶ Mindfulness
- ▶ Dropping Anchor technique






# Physical support

- ▶ Support and encourage patients to build exercise into their daily activities. Supporting them to start, increasing what they do already, helping them understand that the benefits of this can help to reduce fatigue and support their mental well being throughout treatment.
- ▶ Refer to David (CanRehab Physical Activity Specialist) for group or 1:1 sessions for up to 8 free sessions.
- ▶ Group or 1:1 exercise is not for everyone. So we can provide an NHS leaflet with some suggested exercises they can try at home. Or our website holds a wealth of information...

**NHS choices**  
Exercises for older people

  
Sitting

**Getting started**

If you've not done much physical activity for a while, you may want to get the all-clear from a GP before starting.

For the exercises that require a chair, choose one that is stable, solid and without wheels. You should be able to sit with feet flat on the floor and knees bent at right angles. Avoid chairs with arms as this will restrict your movement.

Wear loose, comfortable clothing and keep some water handy.

Try to attempt these exercises at least twice a week, this will help to improve muscle strength, balance and co-ordination.



Build up slowly and aim to increase the repetitions of each exercise over time.

As your fitness improves, why not look for a group session near you? Age UK have lots of ideas. [www.ageuk.org.uk](http://www.ageuk.org.uk)

There are three other sets of exercises in this series: Flexibility, Strength and Balance. Go to [www.nhs.uk/exercises-for-older-people](http://www.nhs.uk/exercises-for-older-people) to download.

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

**CHEST STRETCH**

**A**  **B** 



This stretch is good for posture.

**A.** Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend arms out to the side.

**B.** Gently push your chest forwards and up until you feel a stretch across your chest.

Hold for five to 10 seconds and repeat five times.

**UPPER BODY TWIST**

**A**  **B** 



This will develop and maintain flexibility in the upper back.

**A.** Sit upright with feet flat on the floor, cross your arms and reach for your shoulders.

**B.** Without moving your hips, turn your upper body to the left as far as is comfortable.

Hold for five seconds. Repeat going right. Do five of each.

**HIP MARCHING**

**A**  **B** 

This will strengthen hips and thighs and improve flexibility.

**A.** Sit upright and away from the back of the chair. Hold on to the sides of the chair.

**B.** Lift your left leg, with your knee bent, as far as is comfortable. Place foot down with control.

Repeat with the opposite leg. Do five lifts with each leg.



# Prehab website

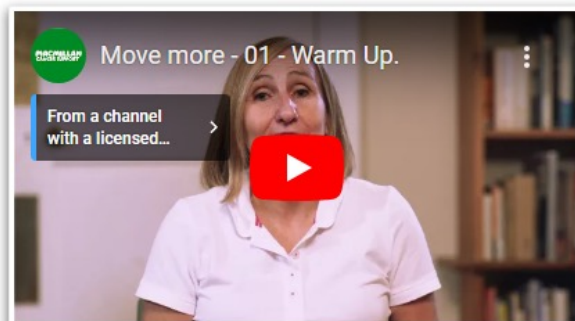
<https://www.torbayandsouthdevon.nhs.uk/services/cancer-support-services/prehabilitation-for-cancer/>

**NHS**

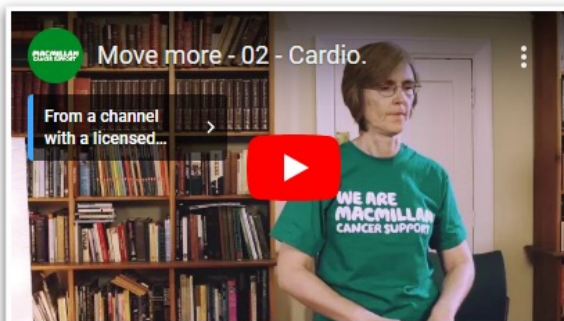
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NHS Foundation Trust

## Exercise videos

This programme from Macmillan Cancer Support features a series of exercises for warming up your muscles, working your heart and lungs, and to improve the strength and tone of your muscles.



Move more – 01 – Warm Up



Move more – 02 – Cardio



Move more – 03 – Strength and endurance



Move more- 04 – Cool Down

## Macmillan leaflets

Macmillan leaflets are available, please ask for copy or view online:

- [Physical activity and cancer](#)
- [Healthy eating and cancer](#)
- [Coping with fatigue \(tiredness\)](#)
- [How are you feeling?](#)

## Charity support

- **Prostate:** [Torbay Prostate Support Association](#)
- **Head and Neck:** [The Swallows – Torbay Meeting](#)
- **Lung:** [Roy Castle Lung Cancer Foundation](#)



▶ **EORTC QLQ - C30 Score**

▶ Scored 0 - 100

- ▶ A higher score represents a high health related Quality of Life for cancer patients

- ▶ The QLQ-C30 incorporates

- ▶ functional scales (physical, role, cognitive, emotional, and social),
- ▶ symptom scales (fatigue, pain, and nausea and vomiting)
- ▶ a global health status / QoL scale,
- ▶ additional symptoms commonly reported by cancer patients (loss of appetite, insomnia, constipation and diarrhoea) and perceived financial impact of the disease.

ENGLISH

**During the past week:**

During the past week:	Not at All	A Little	Quite a Bit	Very Much
17. Have you had diarrhea?	1	2	3	4
18. Were you tired?	1	2	3	4
19. Did pain interfere with your daily activities?	1	2	3	4
20. Have you had difficulty in concentrating on things, like reading a newspaper or watching television?	1	2	3	4
21. Did you feel tense?	1	2	3	4
22. Did you worry?	1	2	3	4
23. Did you feel irritable?	1	2	3	4
24. Did you feel depressed?	1	2	3	4
25. Have you had difficulty remembering things?	1	2	3	4
26. Has your physical condition or medical treatment interfered with your <u>family</u> life?	1	2	3	4
27. Has your physical condition or medical treatment interfered with your <u>social</u> activities?	1	2	3	4
28. Has your physical condition or medical treatment caused you financial difficulties?	1	2	3	4

For the following questions please circle the number between 1 and 7 that best applies to you

29. How would you rate your overall health during the past week?

1	2	3	4	5	6	7
Very poor						Excellent

30. How would you rate your overall quality of life during the past week?

1	2	3	4	5	6	7
Very poor						Excellent





## FACIT Fatigue Scale (Version 4)

Below is a list of statements that other people with your illness have said are important. Please circle or mark one number per line to indicate your response as it applies to the past 7 days.

		Not at all	A little bit	Some - what	Quite a bit	Very much
Hi7	I feel fatigued.....	0	1	2	3	4
Hi12	I feel weak all over .....	0	1	2	3	4
An1	I feel listless ("washed out") .....	0	1	2	3	4
An2	I feel tired .....	0	1	2	3	4
An3	I have trouble <u>starting</u> things because I am tired .....	0	1	2	3	4
An4	I have trouble <u>finishing</u> things because I am tired .....	0	1	2	3	4
An5	I have energy.....	0	1	2	3	4
An7	I am able to do my usual activities.....	0	1	2	3	4
An8	I need to sleep during the day .....	0	1	2	3	4
An12	I am too tired to eat .....	0	1	2	3	4
An14	I need help doing my usual activities .....	0	1	2	3	4
An15	I am frustrated by being too tired to do the things I want to do.....	0	1	2	3	4
An16	I have to limit my social activity because I am tired....	0	1	2	3	4

- ▶ **FACIT Score**
- ▶ Scored 0 - 52
- ▶ The higher the score, the better the Quality of Life
- ▶ assesses self-reported fatigue and its impact upon daily activities and function



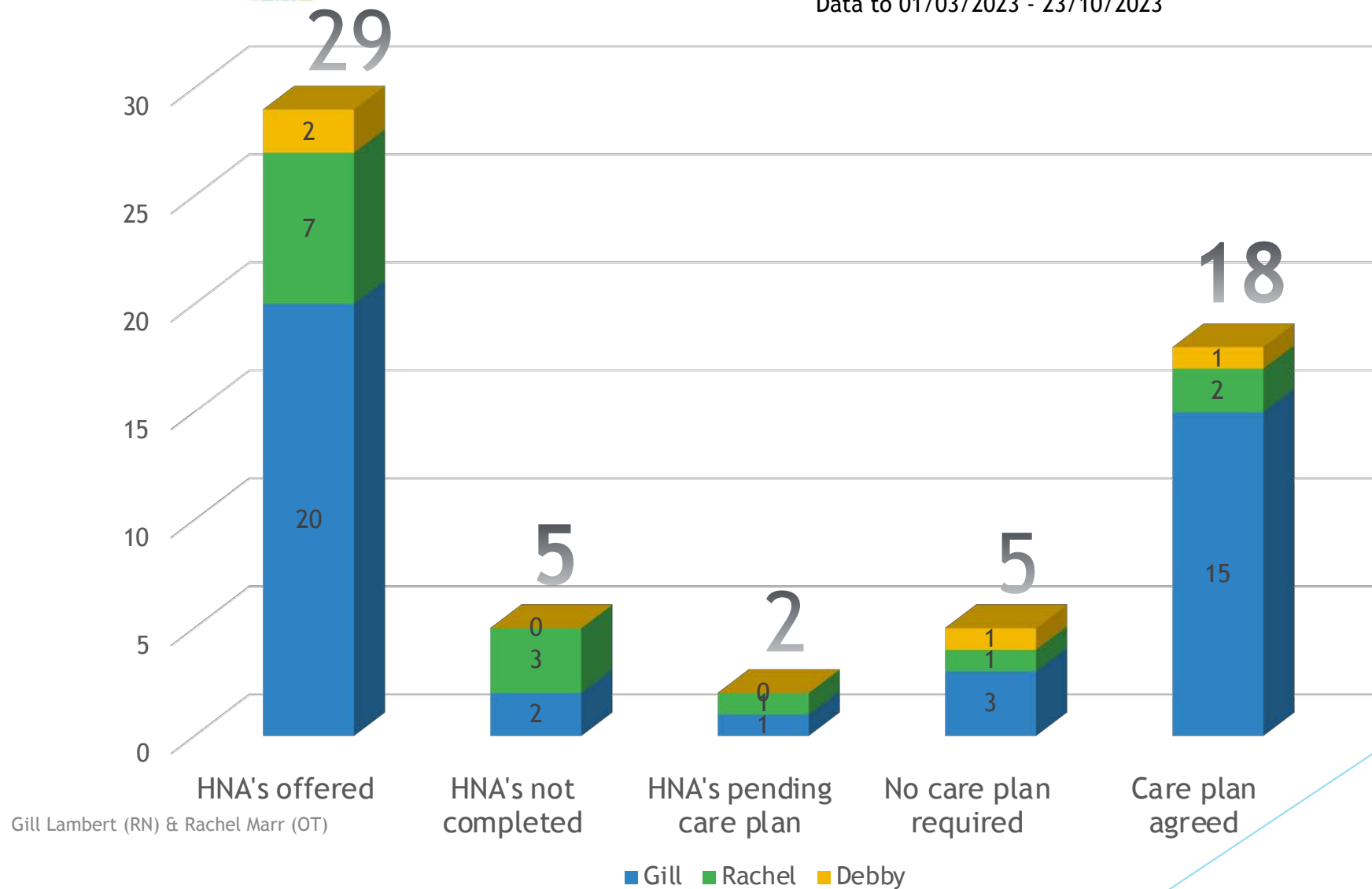
Prehab for Cancer

# Health Needs Assessments

Data to 01/03/2023 - 23/10/2023

**NHS**

**Torbay and South Devon**  
NHS Foundation Trust





# Prehab care plan

**NHS**

**Torbay and South Devon**  
NHS Foundation Trust

## Prehab care plans

**MACMILLAN**  
CANCER SUPPORT

### My Prehabilitation Care Plan



**NHS**  
Torbay and South Devon  
NHS Foundation Trust

	Height:   Weight:   BMI =   MUST= Hydration/Caffeine: Alcohol: Units drunk weekly =   Audit C = 6	
Other comments	Smoking Cessation: FACIT fatigue score = Quality Of Life score =	Prehab care plan emailed given to patient.  Prehab website: <a href="https://www.prehabilitationforancer.org.uk/">Prehabilitation for Cancer - Torbay and South Devon NHS Foundation Trust</a>

Personalised Cancer Care Team – [Prehabilitation](#) Project  
Monday – Friday 08.30 until 16.30

📞 01803 656693 Answerphone available  
✉️ [tsdft.personalisedcancercareteam@nhs.net](mailto:tsdft.personalisedcancercareteam@nhs.net)

<div><div>+</div><div>Leaflets given to patient</div><div><input type="checkbox"/> TSDFT: Prehab leaflet <input type="checkbox"/> TSDFT: Calorie Boosters and Meal Plan Suggestions <input type="checkbox"/> TSDFT: Making the most of your food <input type="checkbox"/> TSDFT: Homemade Fortified Drinks and Desserts <input type="checkbox"/> TSDFT: Constipation <input type="checkbox"/> TSDFT: Diarrhoea <input type="checkbox"/> TSDFT: Dry Mouth <input type="checkbox"/> TSDFT: Taste changes <input checked="" type="checkbox"/> TSDFT: Protein Rich Foods</div></div>	<div><div><input type="checkbox"/> The Lodge <input type="checkbox"/> Prehab Sleep tips <input type="checkbox"/> Macmillan: Health Needs Assessment <input type="checkbox"/> Macmillan: How are you feeling? <input type="checkbox"/> Macmillan: Physical Activity and Cancer <input type="checkbox"/> Macmillan: Healthy Eating and Cancer <input type="checkbox"/> Macmillan: Coping with fatigue (tiredness) <input type="checkbox"/> Other _____ <input type="checkbox"/> <a href="#">Sleepio</a> app <input type="checkbox"/> TPSA <input type="checkbox"/> Swallows <input type="checkbox"/> Roy Castle Lung Foundation</div></div>
Date of next appointment/review:	Click or tap to enter a date.

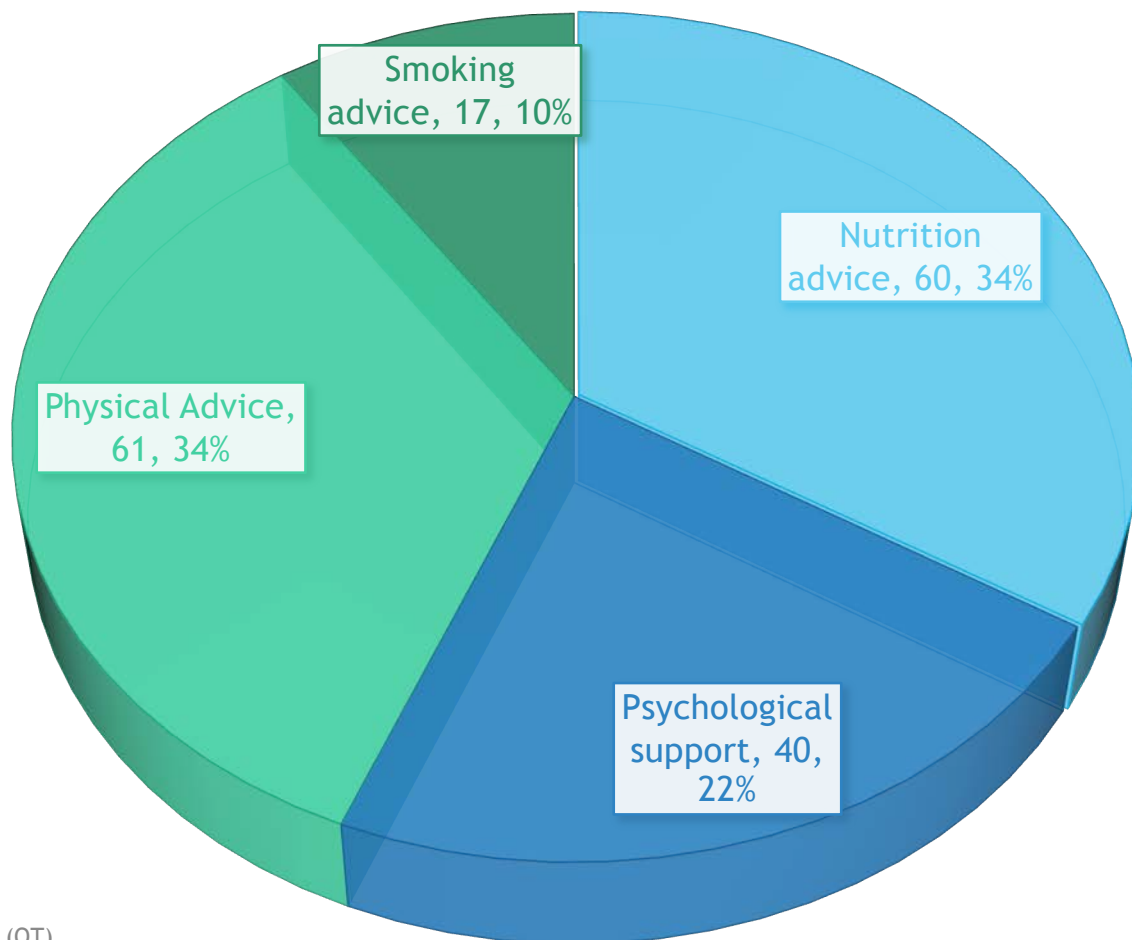
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✉️ [tsdft.personalisedcancercareteam@nhs.net](mailto:tsdft.personalisedcancercareteam@nhs.net)





# Prehab support given at 1<sup>st</sup> appointment (69 Patients)





# Case Study 1: 78 year old Male

Diagnosis: Prostate Cancer  
Gleason 3+4 = 7

Treatment: Bicalutamide, TURP,  
Radiotherapy

Prior to treatment: Active rambler (7  
miles over Dartmoor)

Impact of treatment: Fatigued “Hit me  
like a ton of bricks”, found he needed to  
go back to bed every morning.

Impact of prehab: Able to walk 25 mins a  
day (one mile) and did not feel fatigued.  
Can walk up to 3 miles. Feels competent  
to go and walk 4 - 5 miles over  
Dartmoor.

## Prehab needs/ advice/support

BMI	28
MUST	0
Sleep concerns	No
Fatigue	Yes
Audit C	0
Smoking Advice	No
Physical Advice	Yes
Nutritional Advice	No
Psychological support	Yes
Prehab care plan	Yes
Referral to Exercise Instructor	Declined



# Case Study 1:

“I couldn’t even bend down to pick up my trousers!”

“I needed a stick to walk”

“Listening to you guys and just keeping moving has been very beneficial to me”

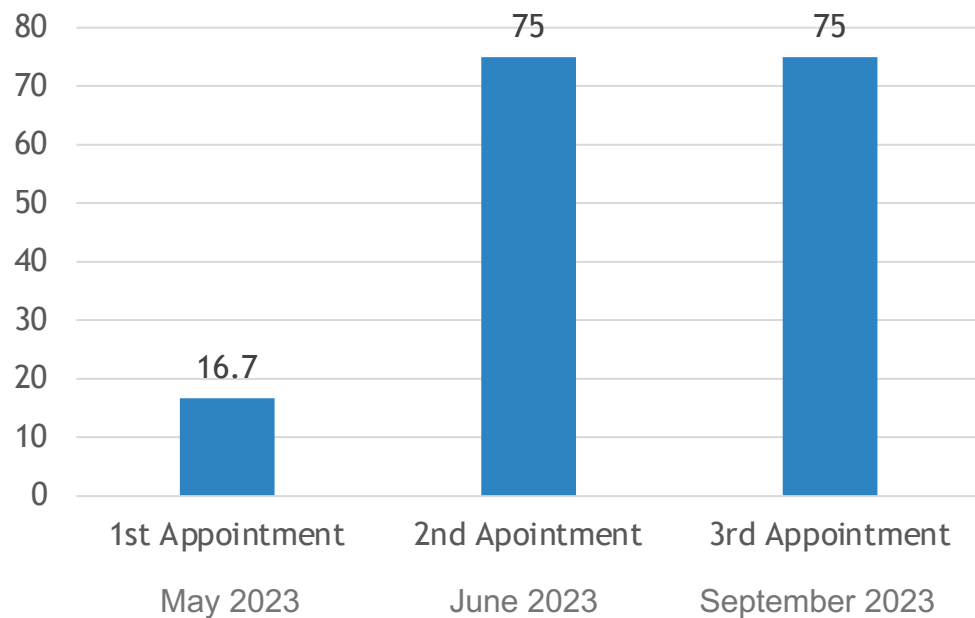
“Once I started the exercise routines and slowly increased them I was able to increase the distance that I walked”



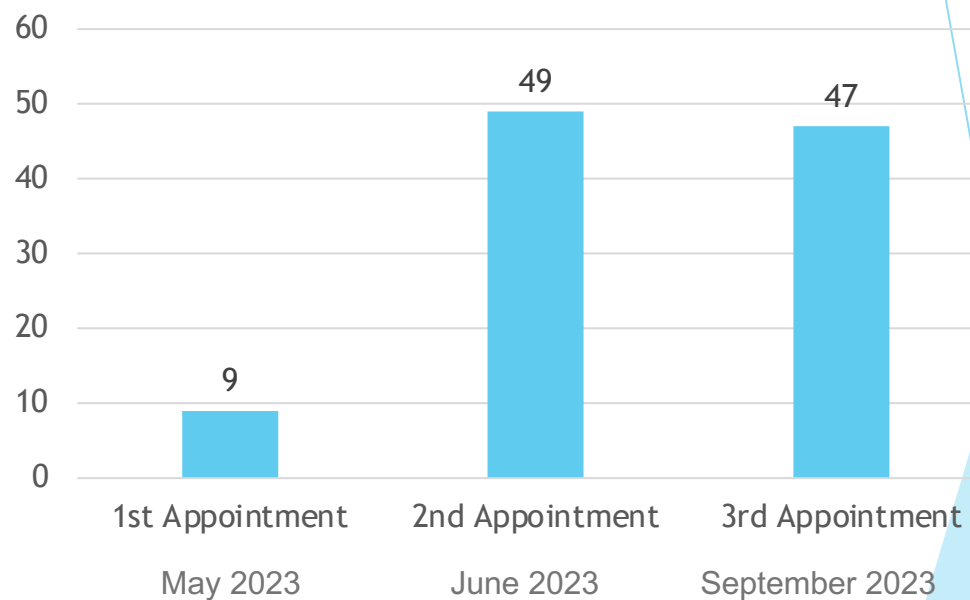


# Case Study 1:

QLQ - C30 Score



FACIT Score





# Case Study 2: 83 year old Male

Diagnosis: Prostate Cancer  
Gleason 4+3 = 7

Treatment: Bicalutamide, TURP,  
Radiotherapy

Prior to treatment: Moderate performance  
status, tries to walk as much as he can

PMH: Mild COPD, drop foot and scoliosis,  
osteoarthritis, hiatus hernia

Impact of treatment: Had some hot flushes  
and constipation

Impact of prehab: Found the prehab  
exercise sessions helpful. Has continued  
dog walking and socialising. He has been  
drinking decaffeinated drinks.

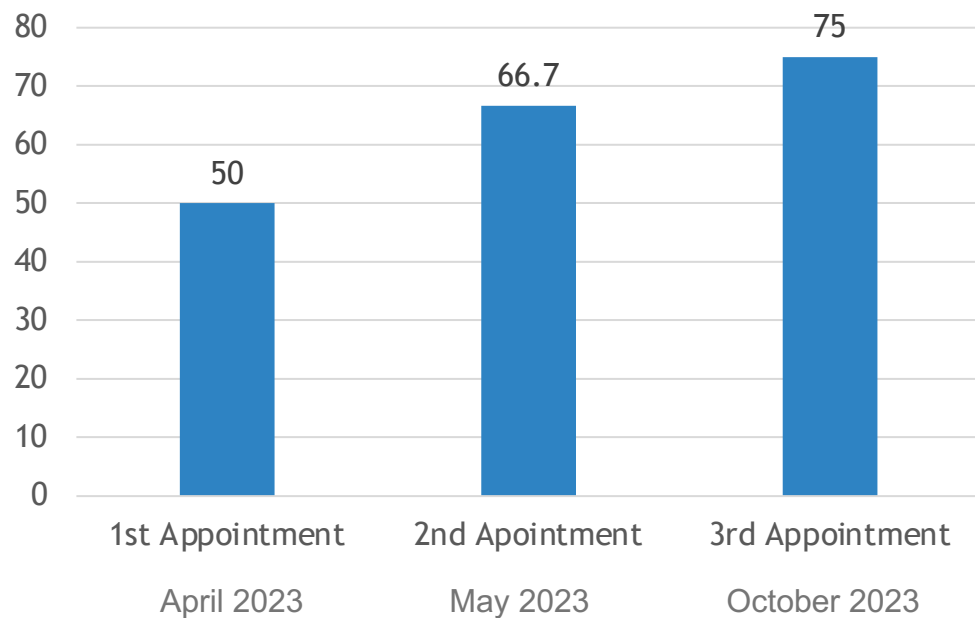
## Prehab needs/ advice/support

BMI	20.1
MUST	0
Sleep concerns	Yes
Fatigue	No
Audit C	0
Smoking Advice	No
Physical Advice	Yes
Nutritional Advice	Yes
Psychological support	No
Prehab care plan	Yes
Referral to Exercise Instructor	Yes

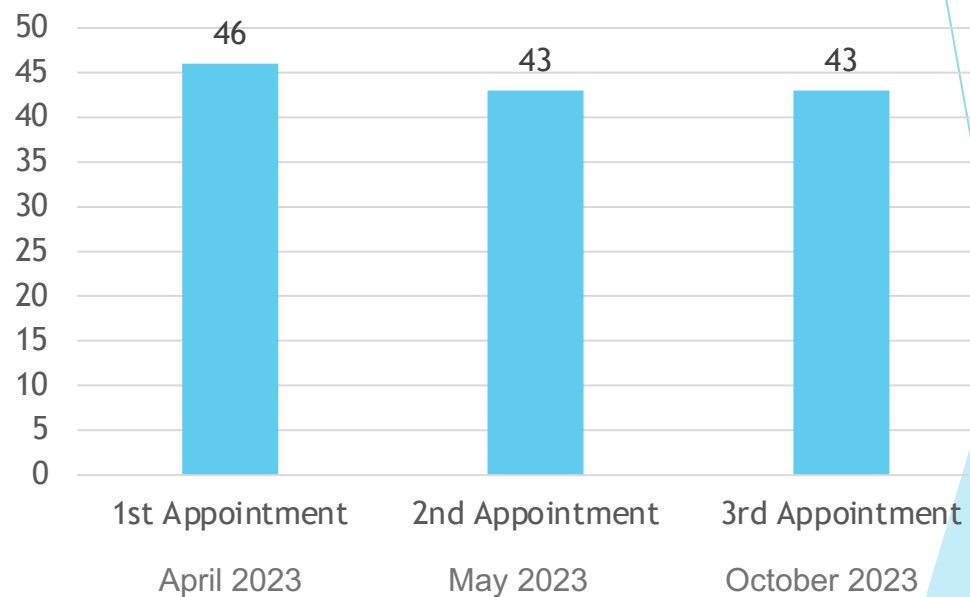


## Case Study 2:

QLQ - C30 Score



FACIT Score







# Case Study 3: 78 year old Female

Diagnosis: Adenocarcinoma of the Lung

Treatment: Left thoracotomy and upper lobectomy

Prior to treatment: Kept fairly active at home and in the garden

Impact of treatment: I have not been able to prepare my own meals but this is improving

Impact of prehab: Was initially told that may not be able to have surgical treatment due to fitness levels. I did go on to have surgery!

## Prehab needs/ advice/support

BMI	27.4
MUST	0
Sleep concerns	Yes
Fatigue	Yes
Audit C	0
Smoking Advice	No
Physical Advice	Yes
Nutritional Advice	Yes
Psychological support	Yes
Prehab care plan	Yes
Referral to Exercise Instructor	Yes



## Case Study

“The deep breathing advice helps to calm me down”

“Prepared my food prior to surgery less to do afterwards. Made my life easier for my recovery”

### 5 Senses

5 things you can SEE  
4 things you can FEEL  
3 things you can HEAR  
2 things you can SMELL  
1 thing you can TASTE

“Whatever I was doing I was doing right, because they didn’t think they were going to operate”

“Whatever I was doing those exercise lessons helped me”



# Case study 4: Motivational Interviewing

**NHS**

**Torbay and South Devon**  
NHS Foundation Trust



Mr X admits that he has been eating cakes and chocolate that he would rather not be eating due to boredom. We discussed his desire to make a change to his diet which he scored 8/10 and his motivation to make the change was 4/10. I asked how could you increase that motivation? Mr X says he has a dinner jacket he wants to get back into so he wants to lose some weight for that.



We discussed how he could manage his boredom, he said he could listen to podcasts and music.

He says he could turn to fruit instead but recognises this could have a high sugar content too. I explained that fruit can be high in sugar but as this is natural sugar it is better choice than chocolate or cakes. We discussed ensuring his diet has a good amount of protein foods in which will keep him fuller for longer and less likely to reach for the unhealthy snacks. He took a leaflet that contains suggestions of protein rich foods to help him.





“I know I  
needed to stop  
smoking”

“3 days of no  
smoking was  
previously 10 - 12 a  
day”

“It gave me the nudge I  
needed to push me in  
the right direction...”

“The exercise sessions have  
helped not just physically  
but mentally as well”





# Referrals

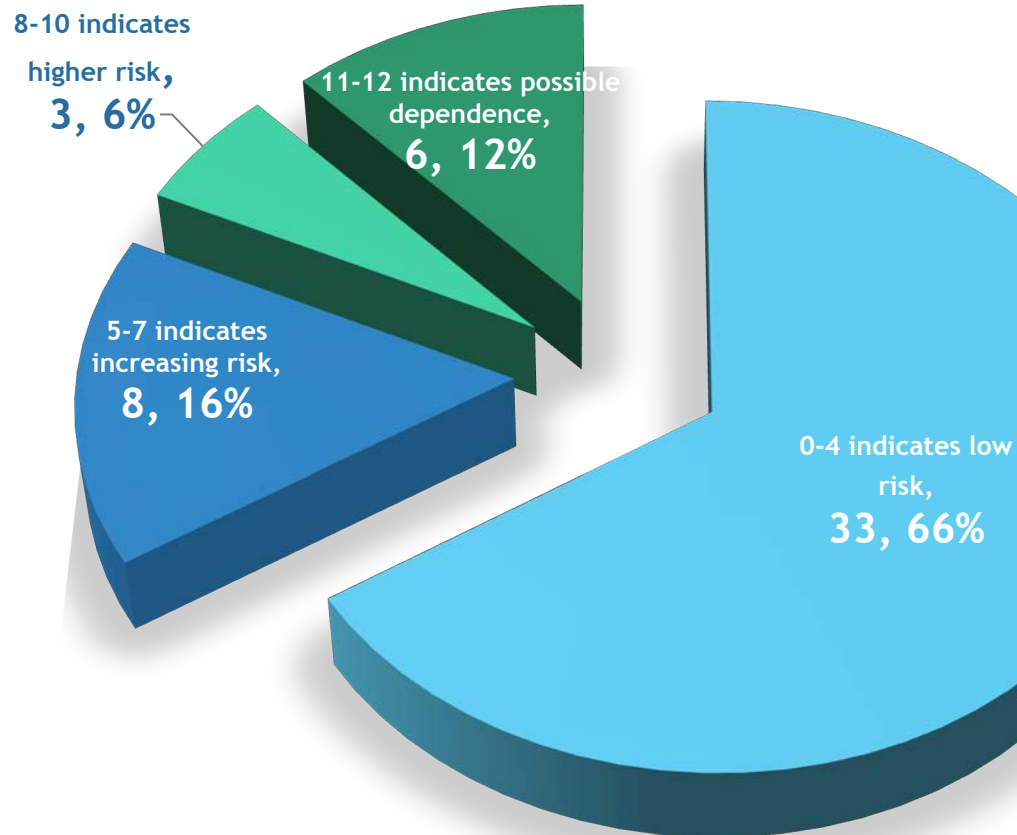
- ▶ Prehab have referred to
  - ▶ The lodge
    - ▶ 3 referrals made from Prehab to The Lodge
    - ▶ 24 of our patients accessed support from the Lodge (Financial, Emotional, Complimentary therapies etc.)
  - ▶ Diabetic Nurses
    - ▶ 1 referral made from Prehab to Diabetic Nurses
  - ▶ Dieticians: Provide nutritional supplements directly
    - ▶ 1 referral made from Prehab to Dieticians
- ▶ Referral data not counted:
  - ▶ Smoking cessation
  - ▶ GP
  - ▶ CNS



# Alcohol

## Audit C results

- ▶ Audit C: Screening tool to identify adults at risk of alcohol dependency
- ▶ 50 adults assessed using Audit C scoring



**ONEYOU Think about your Drink** HAVE A WORD Delivered by Public Health England

WHAT'S YOUR SCORE?	
QUESTIONS	SCORING SYSTEM
How often do you have a drink containing alcohol?	NEVER 0 MONTHLY OR LESS 1 2-4 TIMES PER MONTH 2 2-3 TIMES PER WEEK 3 4+ TIMES PER WEEK 4
How many units do you drink on a typical day when you are drinking?	0-2 0 3-4 1 5-6 2 7-9 3 10+ 4
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	NEVER 0 LESS THAN MONTHLY 1 MONTHLY 2 WEEKLY 3 DAILY OR ALMOST DAILY 4

**1 UNIT =**  
 1/2 pint of beer  
 or  
 1/2 glass of wine  
 or  
 1 single shot of spirit

**YOUR TOTAL** CHECK BELOW TO FIND OUT YOUR RESULTS

0	1	2	3	4	5	6	7	8	9	10	11	12
<b>SCORED 0-4?</b> Congratulations! Your drinking is at low-risk for health harm. Keep it up!				<b>SCORED 5-10?</b> You may be drinking at a level that could put your health at risk. A few small changes could make all the difference.				<b>SCORED 11 OR 12?</b> It may be worth speaking to your GP about your score. Take this scratch card with you and ask for some advice. Or, you could call Drinkline.				



# Prehab approaches RN vs OT

Registered Nurse	Occupational Therapist
Psychological support (Psychology Level 2, Health Coaching, Motivational Interviewing) Mindfulness techniques, Dropping anchor technique and using your 5 senses for anxiety management.	Psychological support (Motivational Interviewing) Mindfulness techniques, Dropping anchor technique and using your 5 senses for anxiety management.
In depth baseline assessment skills assessing: Social history, medical history, <b>physical</b> activity levels, pain, bladder and bowel, <b>psychological</b> well being, sleep problems, fatigue, <b>nutrition and hydration</b> , BMI, MUST, Alcohol intake, smoking.	Community support contacts eg/ Age Concern Torbay for cleaning, shopping, befriending, day centres and lunch clubs, to help with fatigue and psychologically.
Knowledge to support patients in pain. Discussing their analgesics and referring to GP as required.	Physical goals focus with emphasis on fatigue management and pacing of activities.
Oral care support looking for signs of oral thrush referring to GP for prompt prescriptions i.e. nystatin or fluconazole.	In depth activities of daily living assessments for personal care, domestic care, work and leisure.
Supporting cancer patients with Diabetes and referring to Diabetic Nurses and/or Dietetics if necessary.	Close links with social services for equipment (raised furniture, key safes, rails, commodes etc) and packages of care or reablement for fatigue and pain.
Wound care support; assess wound healing, look for signs of infection refer to GP/PN/DN as needed.	Contacts for food deliveries such as Devon Farm Kitchen, & Ducky Delish to help with fatigue management and nutritional intake.
Urethral and suprapubic catheter care advice and support. Catheter advice post prostatectomy.	Contacts with Disability Employment Advisors at job centre, and voluntary services.



# Limitations of Pilot

- ▶ OT started 2 months prior to RN it would have been better if we had started at the same time. OT left pilot after 9 months of her 12 month fixed term contract only 7 months into RN's contract
- ▶ Admin support required so more clinics can be held and patients seen
- ▶ Clinic space limited (Patients prefer The Lodge appointments, as more informal environment and parking is easier)
- ▶ Physical Exercise Instructor didn't start until 7<sup>th</sup> June 2023
- ▶ Difficulty obtaining referrals due to CNS' very busy workloads
- ▶ Substantive funding not available in time for RN and OT to continue in post.



Macmillan Funding for 2 x Band 6's (0.8 WTE, 12 month fixed term)	
Registered Nurse	
▶ 0.8 WTE	15 <sup>th</sup> November 2022 - 21 <sup>st</sup> June 2023
▶ 1 WTE	5 <sup>th</sup> June 2023 - 10 <sup>th</sup> November 2023
Occupational Therapist	
▶ 0.8 WTE	September 2022 - 21 <sup>st</sup> June 2023
▶ 0.4 WTE	11 <sup>th</sup> May 2023 - 10 <sup>th</sup> November 2023
D	
▶ 31 <sup>st</sup> January 2023: Pilot launch presentation	
E	
▶ 1 <sup>st</sup> March 2023: Pilot live for referrals	
Y	
▶ 7 <sup>th</sup> June 2023: David Jenkins Exercise Instructor sessions start (1 hour a week)	
S	





# Our Reflections

- ▶ Offer sessions giving advice in a group for nutritional advice and physical advice. They set their own goals and maybe share them if comfortable.
- ▶ To run appointments alongside the exercise sessions, so there's a one stop clinic for patients.
- ▶ Would look to streamline assessment process, as using both the HNA and the Prehab care plan duplicates work.
- ▶ Increase the links with the community cancer care workers that are based at GP surgeries.
- ▶ H&N voice banking offered from SALT with funding provided by Swallows charity. To link in with SALT for H&N patients. One patient said he found this was too late.
- ▶ It feels like we are covering a gap in the service as GP appointments are so scarce.
- ▶ Dietician advantageous
- ▶ Physio advantageous
- ▶ Set up regular phone calls to support patients



Prehab for

NHS

Torbay and South Devon  
NHS Foundation Trust

Feedback

I can't praise the Prehab T

They were kind

I have had

efforts to

radiation therapy

Thank you, due to being well on the way to completing my Radiotherapy sessions, I was wondering what benefit I was going to get, but I was happy to attend to help the trial. As it was, I was very glad that I attended, as both my wife and I both came away with additional knowledge and questions answered. Especially my wife, who was happy to know that her question of "what happens next / what do we do from here?" was a frequent comment. I looked forward to the fitness advice and a future chat further along the line. The welcoming offer and time in reception, was relaxing and I would recommend the session to anyone about to undertake / undergoing treatment.

RACHEL  
SERVED

Gill Lambert (RN) & Rachel Mar

1<sup>st</sup> March – 1<sup>st</sup> November 2023