

Extending and Expanding the Prehabilitation Service at Liverpool University Hospitals

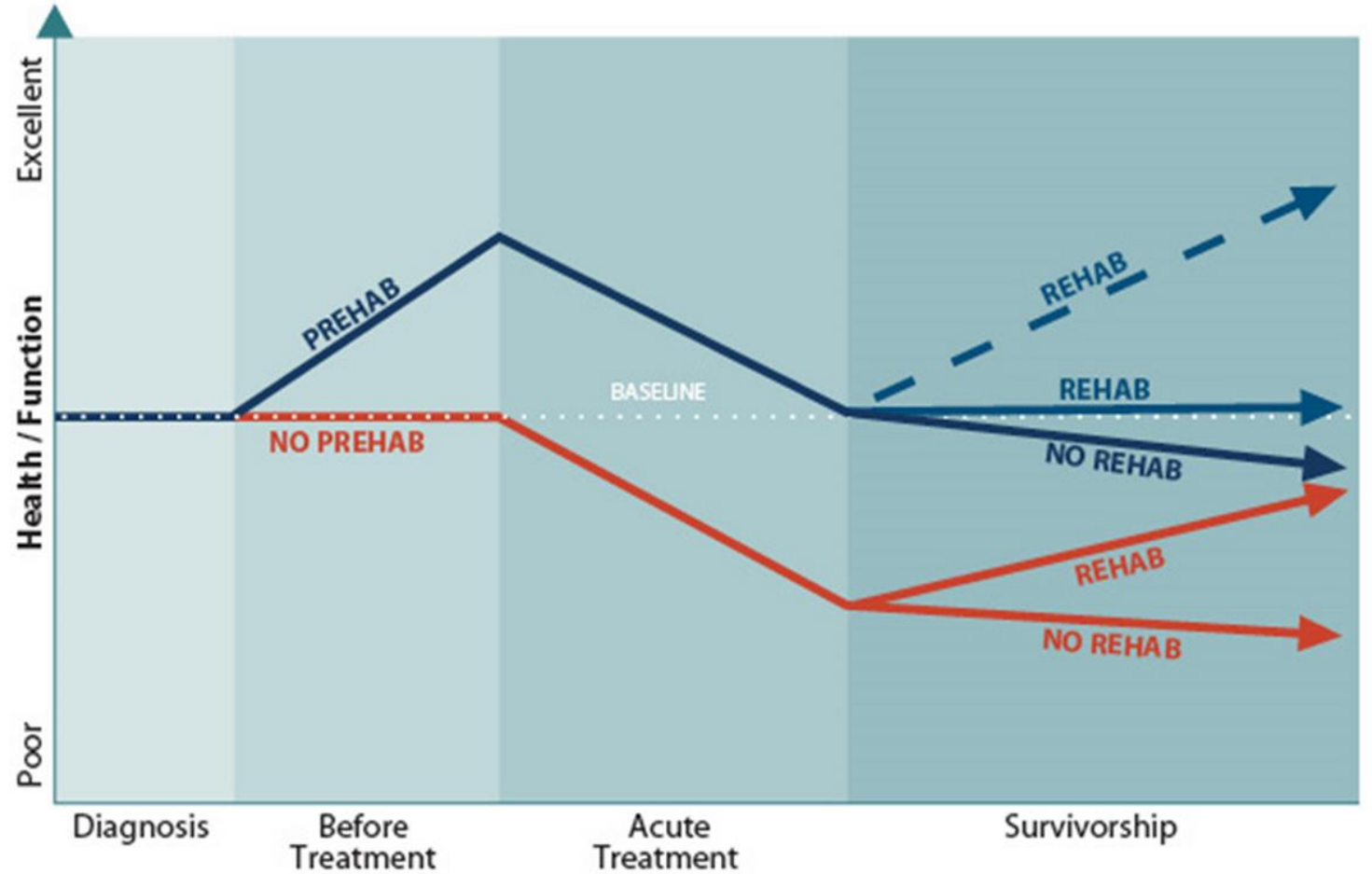
Cancer Experience of Care award – PENNA



Rachel O'Brien – Prehab Occupational Therapist

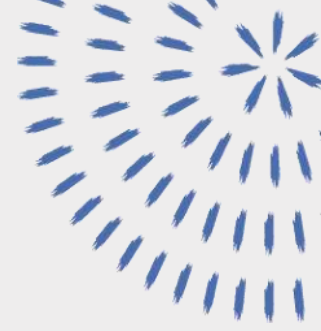
Prehab is...

a form of healthcare intervention that takes place before a medical or surgical intervention with the aim to reduce side effects and complications, and enhance recovery.



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FIGURE 3. Timeline of possible outcomes with cancer rehabilitation and rehabilitation
Prehabilitation may improve baseline status and, combined with early rehabilitation, overall outcomes.



Transforming waiting time into preparation time



Nutrition



Physical/Function

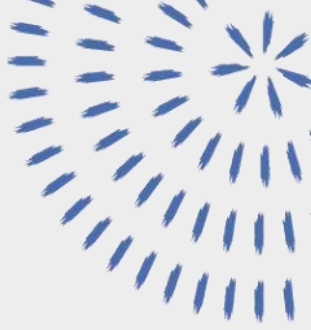


Wellbeing





The Team



Prehab service at LUHFT

History

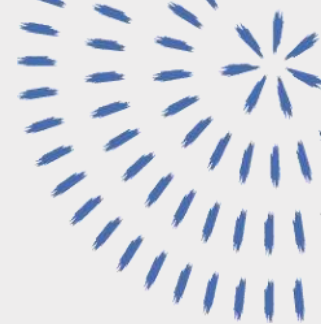
- Established in 2017 – based in Aintree Hospital
- Allied Healthcare Professional led – Physio and part time Dietitian
- 2 Cancer specialties on single site – Liver/Colorectal
- Year 1: 230 patients

Expansion

- Cover 3 Hospital sites (shared care with additional 2 Hospitals).
- Expanded AHP workforce including, physios, Dietitian, OT, Assistant practitioners and Therapy Assistants.
- Referrals received from 8 different Cancer specialties including Lung, UGI, HPB.
- Year 6: 1000 patients across sites



Patient Experience



Prehab Liverpool University Hospitals NHS Foundation Trust

Please rate if you agree or disagree with the following statements:

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree	Not applicable
I was given the opportunity to be involved in decisions about my Prehab plan						
I was given the opportunity to talk about my thoughts, feelings and mood.						
The support I received related to nutrition and eating helped prepare me for my surgery/treatment.						
The support I received related to physical activity helped prepare me for my surgery/treatment.						
The support I received related to my emotional wellbeing helped prepare me for my surgery/treatment.						



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Prehab Liverpool University Hospitals NHS Foundation Trust

PREHAB DID IT FOR ME
Patient Feedback of an AHP Prehab Service
Rachel O'Brien - Prehabilitation Occupational Therapist

Background
Prehabilitation is a form of healthcare intervention that takes place before a medical or surgical operation with the aim to reduce side effects, complications and enhance recovery. The patients with cancer have been shown to have longer survival, better quality of life and reduced cancer recurrence.

Prehab is currently not standard care in routine clinical practice across the UK. This study explored satisfaction and feedback for LUHFT Prehab patients undergoing major cancer surgery.

Liverpool University Hospitals (LUHFT) Prehab Service

Discussion and Future Implications
The advantages of Prehab include improved patient outcomes and satisfaction.

It is vital to include physical activity, nutritional and wellbeing support as part of a prehabilitation service; research supporting prehab doesn't focus on this.

Early involvement of MDT is crucial to ensure engagement and timely referral into the service.

It is important to understand your local patient population.



The Data

- 24% reduction in LOS
- Up to 50% less inpatient therapy required post op
- 83% improved or maintained nutritional status
- 95% improved or maintained frailty status
- 92% improved or maintained physical fitness
- 74% improved or maintained mental wellbeing
- Recommended by 100% of patients
- 100% staff report a positive benefit to their patients
- 75% of patients making long term lifestyle changes



Comments



“I am extremely grateful to the doctors and nurses who encouraged me to seek the advice and support from the Prehab team. They were always positive and supportive. They helped me to see that although the surgery and chemo treatment were beyond my control, I would improve the outcome by exercise. I did my best to follow their advice and feel that my recovery from the surgery was enhanced by that”.

“The support I received was very tailored to my particular circumstance and needs”.

“When you are in a situation you never thought you would be in (cancer) it is excellent to talk to fresh faces where you can be open about how you’re feeling”.

“I feel lucky to have been referred to this team. I was fitter going for my operation, I have learnt breathing techniques that really made a difference. I felt more positive going into hospital knowing that I was better prepared, and I am sure that helped me to improve more quickly and go home faster”.



Thank you to all our patients for sharing their stories and experiences
with us

Thank you Cheshire and Merseyside Cancer Alliance

Thank you PEN

Thank you Prehab Team

