



Nottingham
University Hospitals
NHS Trust

NUH Prehab Service

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Matron for Pre-Operative Assessment & Prehab



CancerAndRehabilitationExercise



How it all began....



Vision



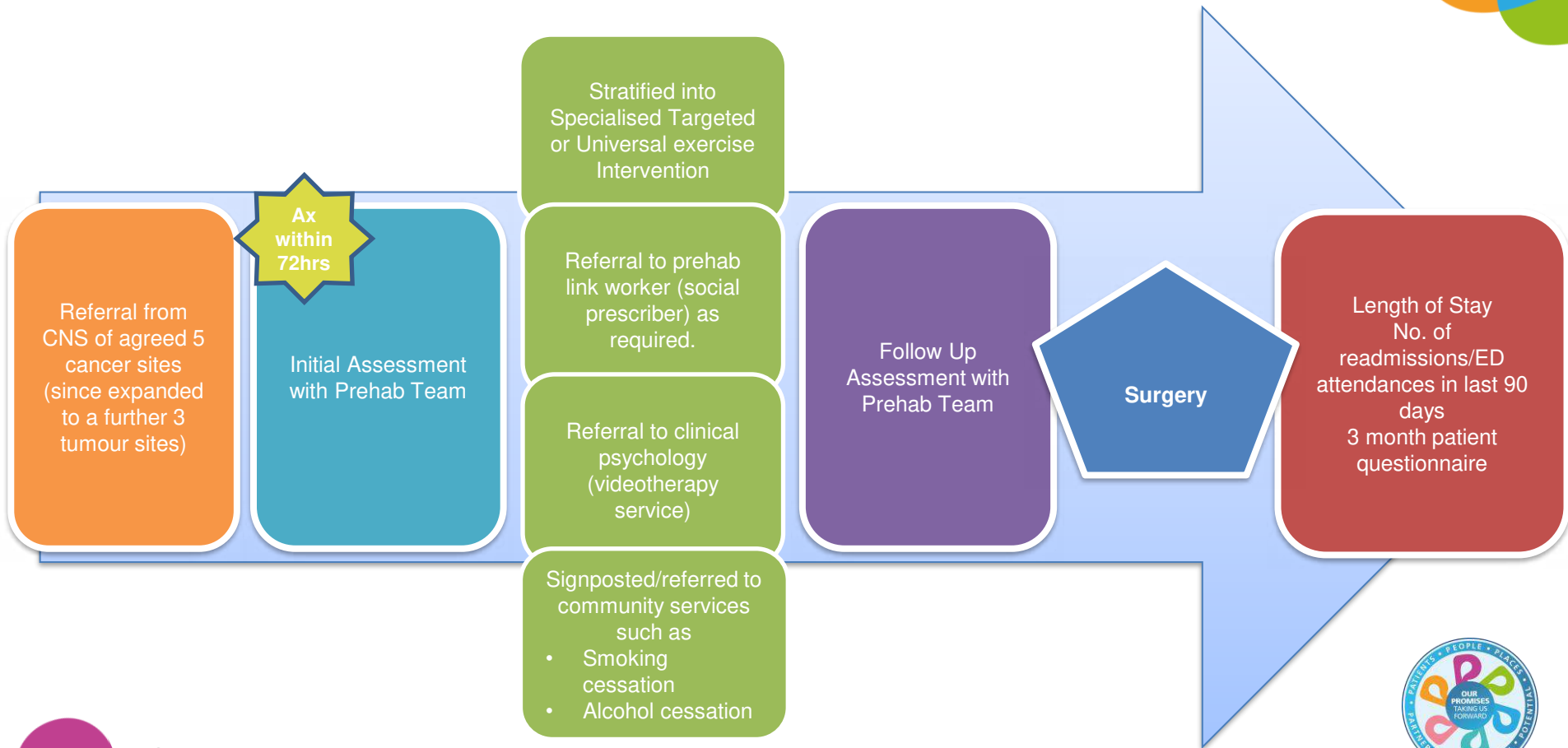
Evidence base



Passion!



Prehab Service Overview



Holistic, partnership approach

- Patient centred- co-designed with patient partners
- Collaboration with variety of community partners- creation of wider team ethos
- Working with local authority partners has achieved an ICS cost saving- ABL Health providing care closer to home
- Social prescribing – Self Help UK Prehab Link Worker (Funded by ICB as part of personalised care agenda)
- Psychological input – access to a video-psychotherapy provided by East Midlands Clinical Psychology Cancer Service
- All staff Level 2 psychology skills trained, monthly supervision
- Exit routes- creation of ‘Prehab to Rehab’ sessions with CARE (Notts County Foundation)



How does prehab work?

Unable to adhere to exercise programme due to all other stresses

"I live alone and feel isolated. My current housing situation no longer suits my needs. I have not been able to shower or bath for 2 years."

"I have just disclosed that I am victim of domestic violence."

"Why me?"

"I lost my partner to cancer 3 months ago. I am scared and don't feel able to grieve."

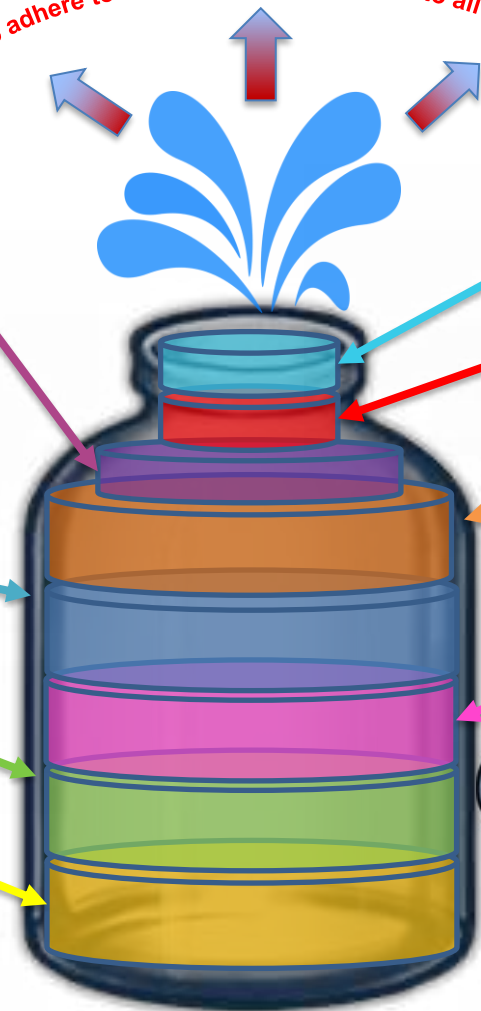
"My spouse has Alzheimer's and I am struggling to cope"

"I am the main carer for my sibling. I am worried about who will look after them, I might decline surgery."

"Since my diagnosis, my teenager has started self-harming."

"I have crippling anxiety. Its now developed to the extent that I cannot leave the house."

Prehab; multimodal & personalised. Provides access to social, community, voluntary and financial support. It acts like a 'tap', releasing stresses to allow focus on exercise compliance and preparation



Better together.....

- Timely intervention
- Only telling their story once
- Access to health, social, charity and voluntary sector encourages wider disclosure of issues/needs
- Discharge preparation begins before admission
- Truly personalised care
- Recognition of body and mind connection
- Supports eHNA



The Team

The Prehab Team!

WELCOME TO NUH PREHAB SERVICE

NHS Nottingham University Hospitals NHS Trust

We are **TEAM NUH**

The Prehab Team!

NHS Nottingham University Hospitals NHS Trust

self help uk

What is your role in NUH Prehab?

Hi, we are Kerry and Rose, the Link Workers with the prehab service. We are based at Self Help UK and offer practical and emotional support for adults affected by cancer. Our role is providing support for patients so they feel able and ready for surgery and beyond. We are both really excited to be part of the new prehab service at NUH and look forward to working as a team to improve people's cancer experience.

What is the service background?

Self Help UK have been working in partnership with Macmillan for a number of years, supported by a team of volunteers offering practical support e.g. help completing forms or ensuring someone gets their food shopping, help with joining peer support groups or finding activities in the community and emotional support enabling people to talk through issues or concerns, helping them be mentally prepared to get the best out of life.

TEAM NUH

The Prehab Team!

NHS Nottingham University Hospitals NHS Trust

Your Health Your Way

What is your role in NUH Prehab?

We offer Prehab patients referred by Prehab Exercise Professionals an exercise programme consisting of 3 sessions per week, delivered by friendly, highly-qualified exercise professionals. The sessions are inclusive, adaptable and tailored to individual fitness levels, delivered in local leisure facilities across Nottingham and Nottinghamshire. The sessions are fun and varied, consisting of a wide range of different exercises - we'll find something you enjoy!

What is the service background?

ABL Health deliver a range of community health services designed to support people to live healthier, happier lives. In Nottinghamshire we deliver the Your Health Your Way Integrated Wellbeing service which helps people lose weight, quit smoking, reduce their alcohol and get more active.

abl a better life

TEAM NUH



The Team



Football in the Community

Prehab to REHAB
 Get fit and strengthen your muscles before surgery
 NOT FOR ALL. LIMITED SEASONS
 NOTHESSINGTON HOSPITAL, NOTTINGHAM
 Surgery-based exercise programs help you recover after cancer surgery and return to physical activity. Sessions are run by the Cancer Rehabilitation & Exercise (CRE) team from the Cancer Foundation.

You can attend up to 4 sessions of the prehab programme.
 You can choose to continue with sessions with CRE at the Nottingham Centre (NCC) or the Nottingham & Sherwood Foundation or Newark.

Participants must be a minimum of 6 weeks after surgery or contact the REHAB team or call if you are unsure if you are ready to start rehab sessions.
 Places are limited so must be booked - please contact the REHAB team to book.

CONTACT INFO:
 Main Inreach team
 T: 0115 276 295
 E: Prehab@nhs.uk

care
 CancerAndRehabilitationExercise

Nottinghamshire Healthcare **NHS**
 NHS Foundation Trust

East Midlands cancer alliance



Clinical Psychology Cancer Service



Our Patient Partners

“There is increasing evidence showing the importance of exercise in each part of a cancer treatment plan, improving both physical and mental health. In 2017, aged 26 I was diagnosed with ovarian cancer. I swam leisurely a couple of times a week, but had never been to a gym or ran before my diagnosis. Six years on, I still continue to exercise each week with those I met during my cancer treatment.

The image of what cancer care looks like from the media distorts your view on what feels possible when living with and beyond cancer. This service is helping change that, showing patients what is possible and the width and breadth of every cancer experience. In time it is hoped that every age, every ethnicity, every gender, every prognosis, every type of cancer can access this vital support. Exercise has significantly helped me with my symptoms post treatment, and on days when I struggle to be motivated to put my trainers on I think about friends and support I have received along the way.”

Lizzie Paddock, NUH Prehab Service patient Partner



Lizzie & Robin

“Since my cancer diagnosis in 2016 I have completed many NHS service feedback forms. It was not until I met the prehab team that I really felt like the NHS was really listening. The team have done a fantastic job building a new service centred around patients and improving outcomes.”

Robin Ford, NUH Prehab Service Patient Partner



NUH Prehab Service headlines

758 Referrals to date

(4th April 2022 – 31st July 2023)

	Mean reduction in LOS per patient (days)	Actual reduction in bed days to date (days)
All bed levels	1.7	691.5
Level 2 beds	0.4	67.8

Reduction in readmissions within 90 days (%)	Reduction in ED attendances within 90 days (%)
-17.7%	-3.5%

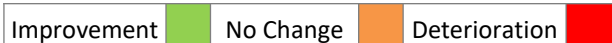
Mean change in outcome measures pre and post Prehab intervention

Outcome Measures	Total
No. of sit to stands in 60 secs	+6.1
Incremental Shuttle Walk test (m)	+54.6
Grip Strength-Left (kg)	+1.3
Grip Strength-Right (kg)	+1.7
EQ-5D-5L – change in wellbeing score	7.7
Depression (PHQ-9)	-2.3
Anxiety (GAD-7)	-2.2
No. of mins mod/strenuous physical activity per week	+137.7
No. of Strength Sessions per week	+2.3
Alcohol Intake (units)	-2.1

27% of prehab patients report being more active within 3 months post surgery than before entering the service

83% of patients who accessed the Social Prescriber Link Worker saw an improvement in their Health Needs Assessment (HNA) scores pre and post intervention.

KEY



Impact;



Peter

No longer requires any mobility aids when walking.

Time with clinical psychologist to talk through his grief and come to terms with recent loss of his wife.

Now confident to walk weekly to visit wife's grave.

Joined 'Men in Sheds' community group facilitated by link worker. Looks forward to attending weekly, developed social support network.

Reliant on daughters for transport (both work full time). Link worker has facilitated access to a volunteer transport programme. Feels "less anxious and no longer a burden."

Link workers supported Peter with grant support options to pay for boiler repairs and facilitated this appointment and advised on community food schemes and warm spaces. No longer worried about finances.

Feels 'prepared' for upcoming surgery and talking about his future post op with his daughters.

NUH

Peter was referred to Pre-op Diabetes Service much earlier in his perioperative journey as identified by prehab team. This gave the Pre-op diabetes team more time to ensure his diabetes was optimized ahead of his surgery.

Peter engaged well with therapists immediately post op, knowledgeable about importance of mobilising and respiratory exercises and expectations post op.

Reduced predicted length of stay by 2 days, meaning less days away from home and his cat.

Less complications post op.

No readmissions or ED admission within 90 days post surgery.

ICS

Peter is now more active post op; walking further, more often and without the need for mobility aids. As a result his Clinical Frailty Score has reduced and he is less of a falls risk.

By accessing & attending community initiatives, he developed a strong support network in his local community. This has reduced his feelings of isolation and reinforces his level of activity and independence.

He has not needed to access his GP as often, as he is eating better (well nourished) and is fitter.

His diabetes is now well controlled and requires less follow up's with his community nurse.



Patient feedback



The gym sessions gave me a sense of security that I am doing as much as I can in preparation for surgery

After my diagnosis and having chemo I felt like I imploded within myself and became a recluse and didn't really do anything. Since speaking with the team I have been given my life back!

The Prehab fitness not only prepared me physically for the surgery, it also gave me the strength mentally.

It has made me feel that I can face my operations with confidence and help me to get well after.

I have done more physical exercise in the last 3 months than I have done for over 20 years & I feel so much better for it.

In between hospital and various other appointments, attending prehab made me feel like I hadn't been forgotten and the ongoing support has been so helpful.

I was sceptical beforehand but working with the team who were so helpful and supportive has proved what an essential service this is.

