

## Executive Summary

The Trust identified a need for, and the benefits of, Prehabilitation and how this could potentially improve outcomes for cancer patients. It was agreed in collaboration with Macmillan to explore the feasibility of offering Prehabilitation within our existing acute and community services as a project for 2 years.

Nationally, one out of two people in England will develop cancer at some time in their lives (Cancer Research UK, 2015). With the development of better treatment for cancer patients, in conjunction with an increased chance of survival for people with cancer, demand on cancer services will continue to grow. Supporting people to live well with and beyond cancer is central to ensuring their experiences and quality of life is maintained. The provision of some services cannot always be increased to meet the demand, therefore new ways of working and the support offered to people may need to adapt. Reducing unnecessary demand and strain can be achieved in providing patients with the access to the right information, at the right time and at the right level, to support them have choice and control of decisions made, and to ensure their treatment and care is individual and personalised throughout.

Supporting people with cancer from the moment they are diagnosed can offer the opportunity for health care professionals to explore how best to support and identify what they require at the very beginning, to be able to have control in supporting themselves throughout the rest of their cancer experience, equipping them with the knowledge, skill and confidence to be able to have an active role in their cancer care and shared decision making.

The Prehabilitation project has identified ways, in which people with cancer can be supported, from the point of diagnosis, by adapting the support offer, widening resource available, having meaningful conversations and giving patients the confidence to take responsibility to improve their cancer experience.

The development of the health and wellbeing strategy has been critical in supporting the offer of Prehabilitation to all newly diagnosed cancer patients.

The project also has;

- Assessment and screening to support patients with more complex needs, participate in targeted and specialist interventions and is being tested with Lung cancer patients.
- Supported the NHS Long Term Plan Personalised Care agenda by developing personalised Prehabilitation care and support plans, using the Patient Activation Measure and 'What matters to Me...' questions.
- Engaged stakeholders in providing support and interventions to patients requiring Prehabilitation, including leisure service providers, social prescriber link workers, pulmonary rehabilitation and smoking cessation services.

The Prehabilitation project has demonstrated the patients who participate in Prehabilitation interventions describe an improvement to quality of life and experience by being more equipped with information and support to help them before and during their treatment. It's also led to improvements to their physical and emotional well-being.

The first year of the project has demonstrated that development of information services with a whole population approaches to Prehabilitation in offering information, education and support to prepare people for their cancer journey can be achieved within CHFT.

The next year of the project aims to explore a more tailored approach to support individual patients in more detail. Identifying areas where more support is required in relation to tumour site, socio-economic and ethnic demographics and working with partner organisation and stakeholders determine who is best placed to deliver this and how.