

Information request about Prehabilitation Services

Q1)a) Do you currently offer any prehabilitation services to patients undergoing surgery within your trust?

Yes No (if no, please go to question 8)

b) If Yes, which specialties currently are offering prehabilitation to patients prior to surgery?

Orthopaedics

Colorectal

Upper Gastrointestinal

Vascular

Cardiothoracic

Other (please state)Thoracics

c) In what year were these services established?

Prehab in various forms for last 5 years, current service since May 21

d) If known, how many patients in total have gone through a prehabilitation programme to date?

Unknown pre May 2021.

From June 2021- February 2022: 362 patients

Q2) In your trust, In the year prior to covid (Jan – Dec 2019) how many patients participated in a dedicated prehabilitation program prior to surgery?

• 0 – 24

• 25 – 49

• 50 – 74

• 75 – 100

• > 100

Uncertain of numbers pre-Covid, above is an estimate.

Q3) What components of prehabilitation are currently offered to patients prior to surgery within your trust and how are they delivered?

Medical/Behavioural Optimisation (e.g., Smoking cessation, alcohol reduction)

Offered? Yes No

- Provided in Hospital face to face
- Hospital remote
- Community

Please describe what medical optimisation components are offered.

- Physician review
- Smoking cessation
- Alcohol intake review

Other (please state) ...alcohol discussed and some patients referred to alcohol nurse team but no funding to support this so it's on an ad hoc basis and there is not always scope for the nursing team to review.

Physical Exercise

Offered? Yes No

- Provided in Hospital face to face
- Hospital remote
- Community

Role of Healthcare professional providing exercise program? (eg. Physio, Nurse, Doctor)

Physio, in addition to F2F, video link and telephone appointments provided with physio.

Frequency of contact with health care professional?

- Daily,
- 2-3 times a week,
- Once a week ,
- Once every 2-3 weeks, x
- Once a month,
- Less than once a month

Personalised exercise program including strength, aerobic and breathing exercises

Nutritional Support

Offered? Yes No

- Provided in Hospital face to face
- Hospital remote
- Community

Role of Healthcare professional providing exercise program? (e.g. Dietitian, Nurse, Doctor)

dietician.....

Frequency of contact with health care professional? unknown

- Daily,
- 2-3 times a week,
- Once a week ,
- Once every 2-3 weeks,
- Once a month,
- Less than once a month

Psychological Support

Offered? Yes No

- Provided in Hospital face to face
- Hospital remote
- Community

Role of Healthcare professional providing psychological support? (e.g. Dietitian, Nurse, Doctor)

Physio team plus psychologist for patients who require formal review...

Frequency of contact with health care professional? uncertain

- Daily,
- 2-3 times a week,
- Once a week ,
- Once every 2-3 weeks,
- Once a month,
- Less than once a month

Other

Please describe any other components of prehabilitation offered by your trust.

Q4) How long do patients undergo prehabilitation prior to surgery within your trust?

Average 15-28 days

Q5) What outcome measures are collected on the efficacy of the prehabilitation program that your patients undertake prior to surgery? (please detail below)

Referrals to dietician/smoking/alcohol cessation and psychological services

Baseline and post prehab sit to stand test and hand grip (for F2F patients)

Reduction in smoking and alcohol, Eq5D pre and post prehab, "how prepared do you feel for your surgery" 0-10 scale pre and post prehab

Long term plan for LOS and complication follow up

Q6)

Does the prehabilitation program that that your patients undertake prior to surgery involve the use of digital technologies to augment the program? (e.g., Digital apps, wearable fitness trackers)

Exercise program information via <https://uk.physitrack.com/exercises>

All prehab screening and follow recorded in System C Careflow EPR clinical notes

Video consultations via DrDoctor

Q7) What effect has the covid-19 pandemic impacted your service?

- No impact
- Services suspended
- Adaptation of existing service (eg. Change to remote service from face to face)

Formal physio led prehab service has been introduced since COVID

Q8) Are there any plans to implement a prehabilitation service prior to surgery within your trust in the next year in any of the following specialities?

Orthopaedics

Colorectal

Upper Gastrointestinal

Vascular

Cardiothoracic

Other (please state) ...gynae oncology....