

Name of your NHS Trust / Local Health Board / Health and Social Care Trust:

The Clatterbridge Cancer Centre

1. Does your organisation offer patients a prehabilitation programme?

Yes (*go to question 2*)

No

Are you planning to set up a prehabilitation programme in the next 12 months in your organisation?

Yes (*no further questions to complete*)

No (*no further questions to complete*)

Comments: \_\_\_\_\_

\_\_\_\_\_

2. For how long has your prehabilitation programme been running?

<1 year

1-3 years

>3 years

3. Please provide the name and contact details of your organisation's prehabilitation lead/s (enter more than one name, email address and telephone number if necessary):

Name: Kathryn Parr

Email address: [kathryn.parr@nhs.net](mailto:kathryn.parr@nhs.net)

Telephone number: 0151 556 5117

4. The prehabilitation programme is being offered to patients undergoing:  
*Please tick all that apply.*

Orthopaedic surgery

Cardiac surgery

Thoracic surgery

Vascular surgery

Gastro-oesophageal surgery

Hepatobiliary surgery

Colorectal surgery

Urological surgery

Gynaecological surgery

Chemotherapy

- Radiotherapy
- Other (please specify) Head & Neck cancer

5. For surgical specialties that involve cancer and benign disease, prehabilitation is offered to:  
*Please tick all that apply.*

- Cancer patients only
- Cancer and non-cancer patients
- Not applicable

Comments:

6. What does your prehabilitation programme include and where / how is it delivered?  
*Please tick all that apply.*

	In hospital	In community	Refer to GP	Phone or video sessions	Online live group sessions	Resources provided for self-delivery	Other mode of delivery (e.g. via an interactive App)	Not included in programme
Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Respiratory exercises	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Incentive spirometry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nutrition advice	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oral nutritional supplements	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smoking cessation advice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alcohol cessation advice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Psychological support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medical optimization of co-morbidity (e.g., diabetes, cardiovascular disease, anaemia)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Education (to improve patient knowledge, self-efficacy and resilience)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other component	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If Other component or Other mode of delivery please specify:

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7. Has the delivery of your prehabilitation programme changed due to the COVID-19 pandemic?

- Yes  
 No

*If yes, please state how:* The Clatterbridge Cancer Centre had to stop the programme due to lack of staffing. We were also unable to see patients face to face to carry out some of the assessments.

8. Which of the following clinical specialties are involved in delivering your prehabilitation programme?

*Please tick all that apply.*

- Anaesthetists

- Surgeons
  - Clinical nurse specialists
  - Dietitians
  - Physiotherapists
  - Exercise instructors
  - Occupational therapists
  - Rehabilitation/therapy support staff
  - Clinical psychologists
  - None of the above
  - Other (*please specify*)
- 

9. Which of the following risk factors are patients screened for before starting prehabilitation?

*Please tick all that apply.*

- Physical fitness (e.g., CPET testing / incremental shuttle walk test)
- Nutrition (e.g., weight loss, poor food intake, body mass index)
- Psychological risk factors (e.g., anxiety, depression)
- Co-morbidities
- Smoking/ alcohol intake
- None of the above
- Other (*please specify*) **Sarcopenia**

10. At which point in the treatment pathway are patients referred to your prehabilitation programme?

*Please tick all that apply.*

- Pre-operative assessment
- Outpatient appointment following the MDT
- Other (*please specify*) \_\_\_\_\_

**11. Do you collect any of the following as part of a service audit, quality assurance or improvement framework?**

*Please tick all that apply.*

- Clinical outcome data (e.g., mortality, complications, length of hospital / intensive care stay, readmission to hospital, etc.)
- Patient-reported outcome data (e.g., patient satisfaction, quality of life, etc.)
- Adherence to the prehabilitation programme
- The service is not currently audited
- Other (*please specify*)

The Clatterbridge Cancer Centre were audited on the programme which showed that the prehab programme resulted in reduction in hospital admissions for nutrition reasons by 21%. We also carried out a patient and carer questionnaire which reported very high satisfaction, patients really benefited and appreciated the pre hab appointment.

**12. Do you use any of the following to assess patient adherence / engagement with the prehabilitation programme?**

*Please tick all that apply.*

- Patient diaries
- Regular communication via email or telephone, or an app or video consultation
- Patient attends the hospital regularly during the programme
- We do not currently collect patient adherence data
- Other (*please describe*)

**13. Who funds your organisation's prehabilitation service?**

*Please tick all that apply.*

- Commissioned service
- Charity (e.g., Macmillan)
- Part of a research study
- The service is not funded as a prehabilitation service
- Other (*please describe*)

The Clatterbridge Cancer Centre fund this service.

1-day – (band 3) dietetic assistant and 1-day (band 6) dietitian.

**14. Thank you for completing this survey. Please leave any other comments below:**

**Macmillan funded this initially for 1-year. The Clatterbridge Cancer Centre receive funding for 1-day (band 3) and 1-day (band 6) to cover the programme.**

**\*\*\*\*\* THANK YOU FOR TAKING THE TIME TO COMPLETE THIS REQUEST \*\*\*\*\***