



# Exercise Training and Psychological Support Before Cancer Surgery







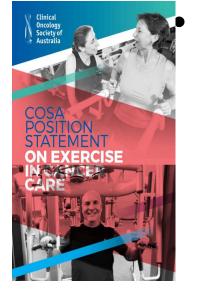


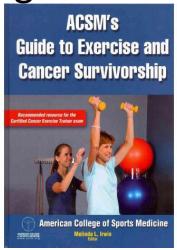




### Fitness predicts outcome

Psychological well-being predicts outcome













WE ARE











### How much exercise do you do?













# Honestly?



































#### Patients' experience of exercise and cancer



Informing 'WESFIT' Pilot
Patient Involvement Report
Feedback to participants
May 2017













#### **Some Quotes**

"I knew my body would take a massive kicking, so it was to put it in the best position I could beforehand".

I said, 'well [partner], we have done absolutely everything we could to help the outcome of this'. And that was very comforting, to feel that, I couldn't have done anything more'. And I got a good result, out within 10 days. And that was really good for me, emotionally.

Post Surgery: 'I wanted those faces, encouraging me again'.













### Prehabilitation - What's the Evidence?

Best Practice & Research Clinical Anaesthesiology 25 (2011) 461-472



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#### Best Practice & Research Clinical Anaesthesiology

journal homepage: www.elsevier.com/locate/bean



Clinical Rehabilitation 2010; 0: 1-13

# The effects of preoperative exercise therapy on postoperative outcome: a systematic review

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#### Perioperative exercise training in elderly subjects

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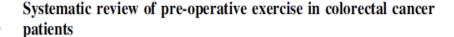


# Preoperative aerobic exercise training in elective intra-cavity surgery: a systematic review

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# Improving care to support patients who have been diagnosed with Cancer in Wessex



The Wessex Cancer Alliance has been awarded National Health Service England transformation funding for five specific projects to improve the quality of care for patients living with and beyond a cancer diagnosis. This work supports the National Cancer Strategy in terms of achieving world class cancer outcomes.

#### Point of diagnosis

#### WesFit Prehabilitation

Work undertaken in University Hospitals Southampton NHS Foundation Trust has found that patients can maintain or even increase their fitness before surgery by taking part in an exercise programme in the hospital. We now want to test if patients are also able to take part in such an exercise programme in the community (gyms and charity centres), and whether providing additional psychological support to prepare them for surgery (improving mental fitness) is also helpful to recovery.

#### Enabling Access to a Clinical Nurse Specialist / Key Worker

One of the key outcome measures from the Cancer Patient Experience Survey.

#### **Treatment**

#### **Recovery Package**

The Recovery Package has four main interventions. Holistic Needs Assessment and Care Planning, Treatment Summary, Cancer Care Review, and Health and Wellbeing Events. These elements form part of an overall support and selfmanagement package for people affected by cancer.

#### End of active treatment

#### Stratified Pathways of Care

Improving aftercare services by matching support to a person's needs rather than a one size fits all follow up service.

#### 1yr post end of active treatment

#### **Quality of Life Metric**

A project to support the development of a national metric on quality of life which will enable better evaluation of long-term quality of life after treatment.

#### **Recovery Package**

- Holistic Needs
- Assessment Care Plan
- Health and Well-Being Event
- Treatment Summary





WE ARE MACMILLAN. CANCER SUPPORT

For further information please contact the Wessex Cancer Alliance: england.wessexscn@nhs.net

March 2018

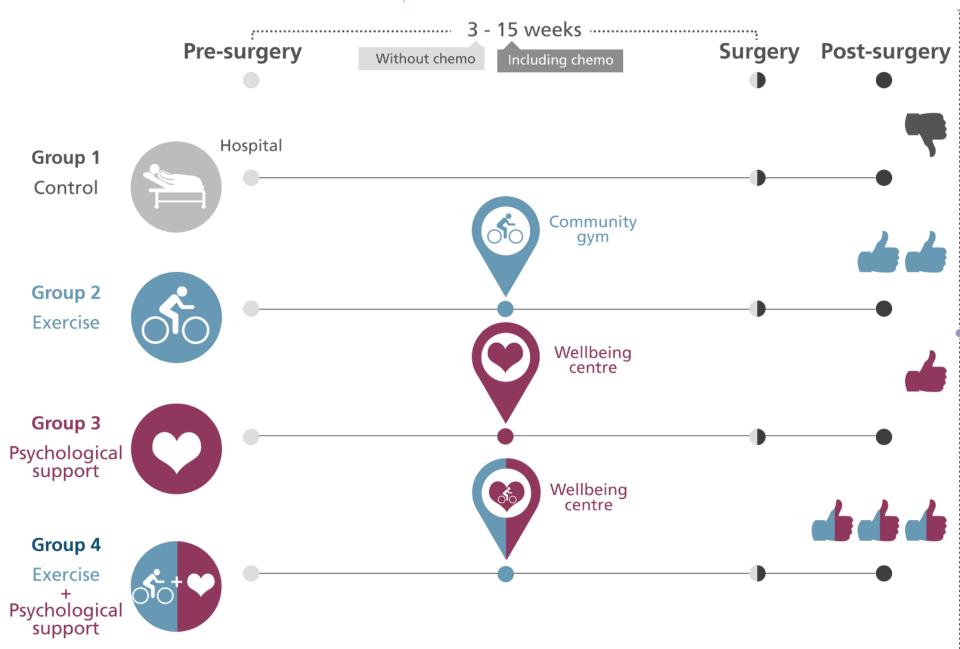
















### **Bob's story**









# The future:





















# Thank you:

# WesFit@uhs.nhs.uk @WesFit





















# Background: Where we are now

# **Cancer Transformation Programme**

Introduction to and supporting documentation for VALUE BASED TRANSFORMATION FUNDING SITE SELECTION

November 2016

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Five Year Forward View

Intervention 1: Early diagnosis

**Intervention 2: Recovery package and WesFit** 

Intervention 3: Stratified follow-up pathways



