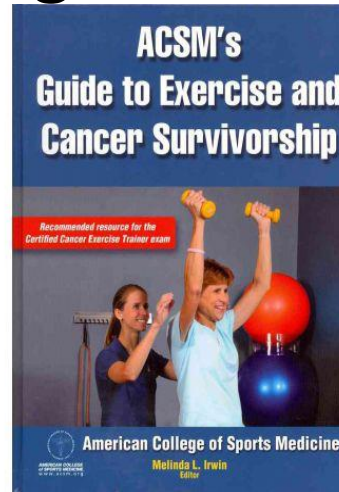
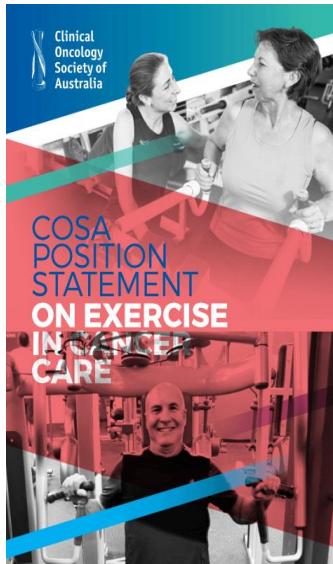




Exercise Training and Psychological Support Before Cancer Surgery

- Fitness predicts outcome

- Psychological well-being predicts outcome



How much exercise do you do?

Honestly?



Really?!



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



Clinical Rehabilitation 2010; 0: 1–13

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

Karin Valkenet, Ingrid GL van de Port Department of Rehabilitation, Nursing Science and Sport, Rudolf Magnus Institute of Neurosciences, University Medical Centre Utrecht, Utrecht, Jaap J Dronkers Department of Physiotherapy, Gelderse Vallei Hospital, Ede, Wouter R de Vries, Eline Lindeman and Frank JG Backx Department of Rehabilitation, Nursing Science and Sport, Rudolf Magnus Institute of Neurosciences, University Medical Centre Utrecht, Utrecht, The Netherlands

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Perioperative exercise training in elderly subjects

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DOI 10.1007/s10151-015-1407-1



REVIEW

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

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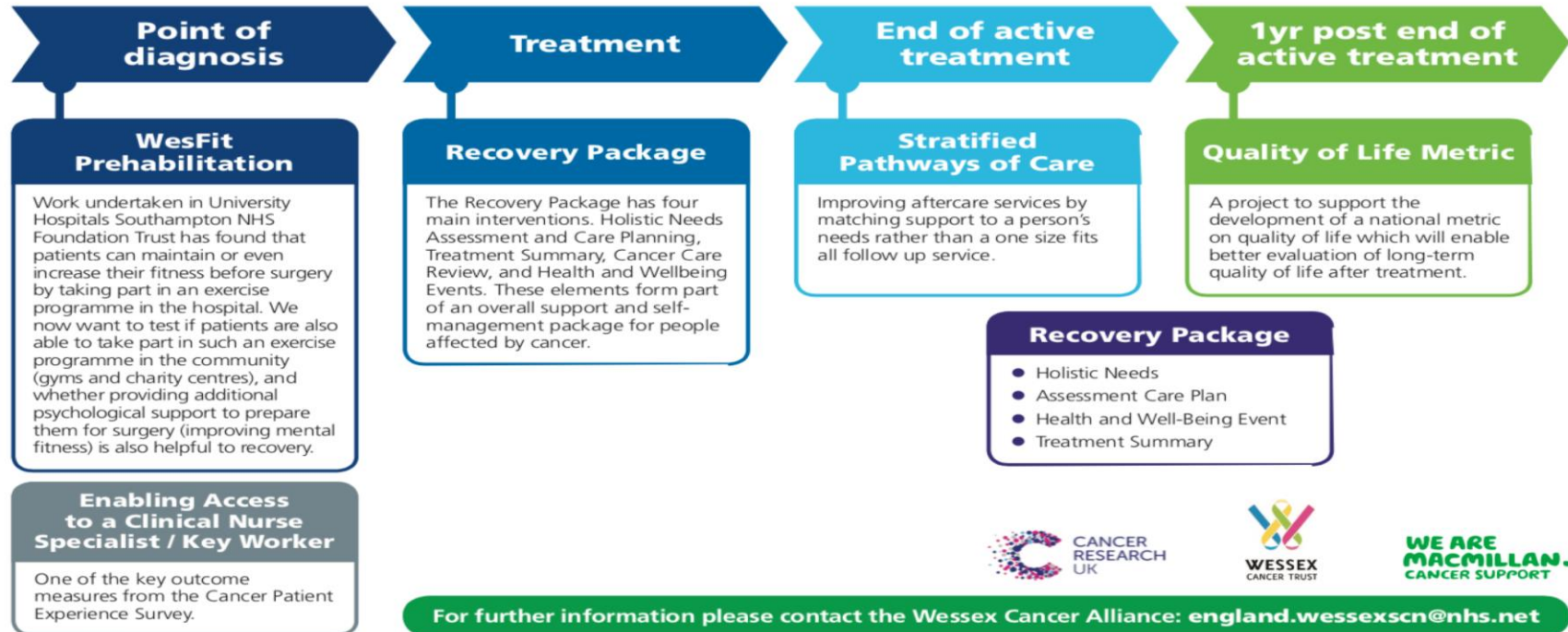
Systematic review of pre-operative exercise in colorectal cancer patients

C. Boereboom¹ · B. Doleman¹ · J. N. Lund¹ · J. P. Williams¹

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.



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

March 2018

Pre-surgery 3 - 15 weeks Surgery Post-surgery

Without chemo Including chemo

Group 1
Control



Hospital



Group 2
Exercise



Community gym



Group 3
Psychological support



Wellbeing centre



Group 4
Exercise + Psychological support



Wellbeing centre



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

Five Year Forward View

Intervention 1: Early diagnosis

Intervention 2: Recovery package and WesFit

Intervention 3: Stratified follow-up pathways