

Cancer Prehabilitation Programme

Project goal

To develop an integrated system approach to improve the quality of life for cancer patients by supporting them with a PP. This programme will be co-produced with all interested parties from organisations such as community, primary, social, and secondary care, ensuring that the patients and carers voice is heard.

Background

3/4 NNUH has the 5th busiest NHS cancer service in England.

3/4 PP interventions start at diagnosis, helping people to prepare for the next treatment stage in their journey

3/4 The benefits of PP :

- Reduced length of stay
 - Enhanced recovery following treatment
 - Reduced post treatment complications
 - Improved cardiorespiratory fitness
 - Enhanced quality of life
 - Reduced stress response
- Most of the PP to date have been developed and embedded within acute organisations and have not included an integrated system approach which includes Primary/ Social Care and Community organisations in their development or delivery.
 - Furthermore, previous PP focus mainly on physical interventions, whereas PP should incorporate physical, educational, and psychological components.