

## 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) .....Prostrate cancer

c) In what year were these services established?

Not known

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

Not known for ortho

Approx 50 – 60 patients/year for prostrate cancer

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

Not known for ortho. Figures above relate to prostrate cancer

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) .....

### 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)

Physiotherapist / Physiotherapy Assistant.....

Frequency of contact with health care professional? **Patient dependent – personalised care**

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

Ortho - Personalised care – dependent on area of body, planned operation, patient goals, following patient assessment.

Prostrate cancer – pelvic floor exercises, general fitness aims

### 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)

.....

Frequency of contact with health care professional?

- 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)

.....

Frequency of contact with health care professional?

- 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.

Joint school – advice / information to prepare for surgery.

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

Average \_\_\_\_\_ months \_\_\_\_\_ weeks \_\_\_\_\_ days

**Ortho - patient dependent – personalised care**

**Prostrate cancer – patient dependent. Patients generally seen within 10 days of referral but surgery could be urgent i.e. within 2 weeks**

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

Ortho – None

Prostrate cancer – patient reported bladder symptoms. ICIQ UI

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)

Ortho - Digital Apps, fitness tracker if patient has them, videos

Prostrate cancer – Squeezy Connect

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)**

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) ..... Improve access for patients to prehab for gynae surgery