

In partnership with



Referral to the Prehabilitation Service

Introduction

This leaflet provides information for anyone referred into the Prehabilitation (Prehab) programme by their doctor or Cancer Nurse Specialist. Prehabilitation is delivered by specialist health professionals, working alongside your medical team.

What if I haven't got a cancer diagnosis?

You may be referred into the Prehabilitation service while you are still having investigations to either rule out or diagnose cancer. This is because the earlier you get involved in Prehabilitation then the better for your overall long-term health.

Taking part in Prehabilitation may help to increase treatment options available for you. Prehabilitation will not slow down any treatment you are offered.

What is Prehabilitation?

Cancer treatment (including surgery, chemotherapy, radiotherapy etc) will be a challenge for you and your body. Prehabilitation helps you prepare for cancer treatment by increasing your physical strength and ability to cope mentally and emotionally.

We offer individually tailored support to prepare you for treatment.

Why is Prehabilitation important?

Prehabilitation helps to support you to manage your; nutrition, physical activity and emotional wellbeing.

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Department

Prehabilitation

Review due

June 2025

Patient Information

Scientific information has shown that Prehabilitation has many benefits that can include:

- Shortening recovery time
- Reducing hospital admissions and time spent as an inpatient in hospital
- Improving general fitness and overall health
- Reducing side effects of treatment
- Reducing risk of cancer recurrence
- Improving quality of life
- Improving confidence and well-being

What happens next?

A member of the Prehabilitation team will get in touch with you to talk more about the programme and invite you to a Prehabilitation session.

Contact information

Prehabilitation Team

Tel: 0300 422 4784

Email ghn-tr.cancerprehab@nhs.net

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