

Patient Information

PREHAB 2 REHAB

Your programme to recovery from cancer surgery

You are invited to take part in our Pre-habilitation (prehab) programme.

What is prehab?

Prehab is a new, free supervised service designed to support you in improving your fitness, health and wellbeing before your planned operation.

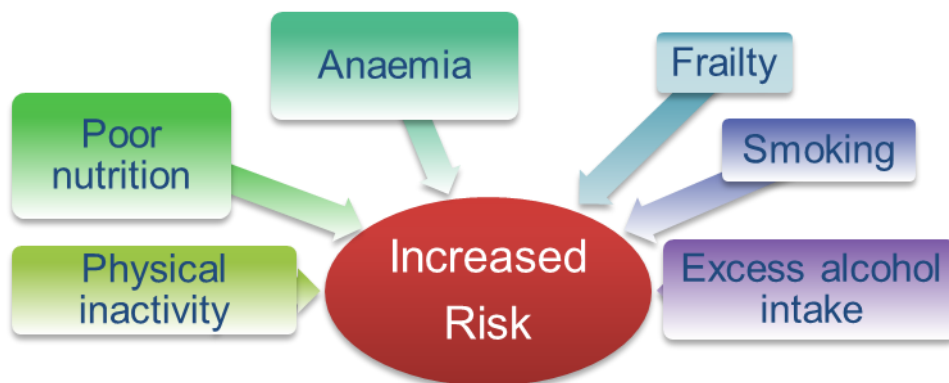
Most improvements can be reached by making simple lifestyle changes such as increasing physical activity. This will give you the best chance of dealing with the stresses of surgery and of recovering well afterwards.

Why is improving my health and fitness before surgery important?

Having an operation can be seen as similar to 'running a marathon' for your body, and can affect you for several months afterwards.

Chemotherapy or radiotherapy before your operation may also be necessary but can reduce your body's ability to cope further.

Things that could affect your recover include:



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Review due

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**Patient
Information**

What does the programme involve?

- An individualised exercise programme.
- Additional follow-up sessions run by our prehabilitation specialists.
- Advice about how to improve your diet.
- Advice on support services to help you stop smoking or reduce your alcohol intake if needed.
- General advice and support to help prepare you for surgery.

What if I am not a very active person?

Do not worry if you are not very active or don't exercise regularly, the programme will be tailored to a level that you find comfortable. Those that are the least active to start with often benefit the most from prehab.

Where will these appointments take place?

The initial sessions, with our pre-habilitation specialists, will take place either in Cheltenham General Hospital after your clinic appointment, or via a telephone or video call. You will be given a programme to follow at home and you will have weekly follow-ups with a member of the Pre-habilitation Team. The follow-up appointments may be by telephone, video or in the hospital.

Is it safe to take part in increased activity before having surgery?

Yes, exercise is generally safe and good for your health.

The risk of harm to you while exercising is low. To ensure your safety, the exercise programme has been designed by a team of professionals with a lot of relevant experience. We understand that some people may have health conditions that make it difficult to do certain exercises, this will be taken into account and a range of options will be available.

**Patient
Information**

Will taking part in this programme benefit me in the long term?

Yes. Lifestyle changes made in the run up to your operation will also have long-term benefits if you continue with them. This can prevent the development of chronic diseases such as heart disease, diabetes, stroke etc. and will help you to remain fit and well.

If you require on-going support with any of these lifestyle changes, we can discuss this with you after your surgery.

Other important elements to prehab

Diet

Maintain a stable weight to make sure that your body has sufficient energy to recover and heal after your operation. Try to eat a healthy and nutritious diet in the weeks leading up to your surgery.

Tip: Weigh yourself regularly to make sure that you are maintaining a stable weight.

Further information and recipe ideas can be found at:

www.nhs.uk/live-well/eat-well

Oral Health

A build-up of oral bacteria can increase the risk of developing a chest infection. Simple oral healthcare habits such as brushing your teeth twice daily and using a mouthwash can reduce the risk of developing a chest infection.

Tip: If you need to see a dentist, now is the time to make an appointment.

What will happen to any personal information collected about me during the programme?

To allow us to evaluate the Pre-habilitation Programme, anonymised data will be collected during the programme; any information that identifies you, such as your name, will be removed. This data will be held in accordance with NHS data protection and GDPR regulations.

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No, your operation will go ahead as planned whatever you decide.

What happens if my operation is rescheduled or cancelled?

You are welcome to continue with the programme while waiting for another date for your operation.

If I have agreed to take part in the Pre-habilitation what happen next?

You will be contacted by one of our Pre-habilitation Team, who will arrange an initial appointment to see you.

This will include:

- Being asked some questions.
- Carrying out a few simple tests to establish your fitness levels.

We will then work with you to develop an individualised programme.

What happens after surgery?

We hope that you continue to benefit from the increased physical activity and healthy lifestyle changes after surgery.

To improve our service we would be grateful for your feedback after surgery. This may involve a telephone call or email.

This leaflet draft is supporting a pilot pre-habilitation study, July 2020.

Content reviewed: August 2020