

Prehabilitation in Cancer Care *Principles & Practice*

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Friday 2nd July 2021

Virtual Conference



Speakers Include:

Professor Sandy Jack

Consultant Clinician Scientist

Professor of Prehabilitation Medicine in the Anaesthesia

Critical Care and Perioperative Medicine Research Unit

University Hospital Southampton NHS Foundation Trust

June Davis

Allied Health Professional Advisor

Policy and Impact

Macmillan Cancer Support

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"A growing body of scientific evidence confirms the importance of cancer prehabilitation."

Cancer prehabilitation—a short review, Memo Jan 2021

"Patients undergoing major cancer interventions such as major surgical resection, chemotherapy, radiotherapy, and immunotherapy are prone to the adverse effects of their cancer, as well as to the side effects of the treatments designed to cure them. The Prehabilitation process supports cancer patients in preparing for the physiological challenges of their cancer treatments, whilst aiming to shorten recovery time, reduce peri-operative complications and improve compliance with non-surgical treatments."

Implementing a system-wide cancer prehabilitation programme: The journey of Greater Manchester's 'Prehab4cancer' 2020

"Cancer treatments can take a "toll" on the body, despite working "better than ever"...There's increasing evidence that it's really worth trying to get match fit ahead of chemo or major surgery, ..In effect you are 'priming' your own recovery before your treatment even begins."

Simon Stevens, Chief Executive of the NHS

"Prehabilitation should be implemented as early in the patient pathway as is possible, ideally soon after diagnosis, and as well in advance of treatment as possible for maximum benefit."

Dr Fran Woodard, Executive Director, Policy and Impact, Macmillan Cancer Support

This conference focuses on Prehabilitation in Cancer Care – Principles and Practice, and will provide a practical guide to delivering an effective prehabilitation programme, ensuring patients are fit for cancer surgery or treatment. This is even more important in light of the Covid-19 pandemic and lockdowns which have had a negative effect on many individual's health and fitness levels. The conference will look at optimisation of patients fitness and wellbeing through exercise, nutrition and psychological support.

This conference will enable you to:

- Network with colleagues who are working to deliver effective prehabilitation in cancer care
- Reflect on a patient lived experience to understand how to engage patients in prehab programmes
- Learn from outstanding practice in implementing a prehabilitation programme
- Reflect on national developments and learning
- Improve the way we support patients to prepare themselves, physically and emotionally for surgery/treatment
- Develop your skills in integrating Prehabilitation into the Care Pathway
- Embed virtual prehabilitation into your programme during and beyond Covid-19
- Learn from case studies in both cancer treatment and preparation for surgery
- Understand how you can improve emotional and psychological support
- Explore the role of prehabilitation cancer survivorship
- Develop prehabilitation for complex and frail older cancer patients
- Identify key strategies for improving physical activity, exercise and behavior change
- Work with patients to improve nutrition
- Ensure you are up to date with the latest evidence
- Self assess and reflect on your own practice
- Gain CPD accreditation points contributing to professional development and revalidation evidence

Chair

Professor Sandy Jack *Consultant Clinician Scientist and Professor of Prehabilitation Medicine in the Anaesthesia Critical Care and Perioperative Medicine Research Unit University Hospital Southampton NHS Foundation Trust*

10.00 Chair's Welcome and Introduction: Principles of Prehabilitation: Evidence & Practice

Professor Sandy Jack

Consultant Clinician Scientist and Professor of Prehabilitation Medicine in the Anaesthesia Critical Care and Perioperative Medicine Research Unit University Hospital Southampton NHS Foundation Trust

- prehabilitation: the evidence
- how can we better support patients to prepare themselves, physically and emotionally for surgery/treatment
- the impact of Covid-19 on prehabilitation programmes
- principles of prehabilitation

10.30 Patient engagement in prehabilitation programmes

Ceinwen Giles

*Director of Partnerships and Evaluation
Shine Cancer Support
Chair of the Patient and Public Voices Forum
NHS England Cancer Programme*

- my personal story and relationship with exercise
- patient engagement in prehabilitation programmes: and working with patients who do not wish to engage
- patient perspectives on prehabilitation

11.10 *Discussion, followed by Comfort Break and Virtual Networking*

11.50 EXTENDED SESSION: Prehabilitation in Cancer Care – workforce development and considerations to inform the planning and delivery of prehabilitation services

June Davis

*Allied Health Professional Advisor, Policy and Impact
Macmillan Cancer Support*

- identifying the skills, knowledge and expertise of the workforce to support prehabilitation
- optimising patient care to deliver physical activity and exercise, nutrition and psychological support screening, assessment and interventions through workforce development
- Health Education England/Macmillan PROsPeR project
- the importance of the wider workforce in supporting prehabilitation and the Clinical Exercise Workforce Collaborative

12.30 *Small Breakout Groups, wrap up discussion, followed by Lunch Break and Virtual Networking*

Chair

June Davis *Allied Health Professional Advisor, Policy and Impact Macmillan Cancer Support*

13.30 Case Study 1: Delivering an effective prehabilitation programme

Dr John Moore

*Consultant in Intensive Care and Anaesthesia
Manchester University Hospital NHS Foundation Trust
Clinical Director GM Cancer Prehab4Cancer
University of Manchester, Manchester Metropolitan University, UK*

- setting up and delivering prehabilitation prior for cancer patients
- elements of the programme
- measuring outcomes of prehab programmes
- working from patients from diagnosis to living with and beyond cancer

14.00 Case Study 2: Benefits of improving Physical and Psychological health

Dr Matt Brown

Consultant Clinical Psychologist

Kate Hurst

*Macmillan Assistant Psychologist
University College London Hospitals NHS Foundation Trust*

- health benefits of preparing psychologically for treatment
- integrating psychological prehabilitation into a 'surgical school' for men with prostate cancer
- evaluating the impact of psychological prehabilitation

14.30 Case Study 3: Measuring the outcomes of prehabilitation and developing Virtual Prehabilitation support during Covid-19

Dr Tarannum Rampal

*Consultant Anaesthetist Princess Royal & Clinical and Strategy Lead
Kent and Medway Prehabilitation*

- developing a tailored programme for each patient
- measuring and monitoring improvements and outcomes
- the development of virtual prehabilitation – learning from the pandemic

15.00 *Small Breakout Groups, wrap up discussion, followed by Comfort Break and Virtual Networking*

Chair

Professor Sandy Jack *Consultant Clinician Scientist and Professor of Prehabilitation Medicine in the Anaesthesia Critical Care and Perioperative Medicine Research Unit University Hospital Southampton NHS Foundation Trust*

16.00 Optimising Prehabilitation for Surgery

Dr Krishna Moorthy

*Senior Lecturer & Consultant Surgeon, Imperial College London
Co-lead of the PREPARE cancer prehabilitation programme*

- using targeted supervised lifestyle interventions, in the weeks immediately prior to cancer surgery
- promoting healthier lifestyles through supported self-management closer to home
- learning from our programme

16.30 Optimising Nutrition

Lucy Eldridge

*Dietetic Team Leader
The Royal Marsden NHS Foundation Trust
Chair BDA Oncology Specialist Group*

- delivering nutritional support as part of prehabilitation
- working with patients to improve nutrition and promote weight loss
- working with people living with and beyond cancer to improve nutrition and outcomes

17.00 *Questions & Answers, followed by Closing Remarks from both Chairs*

There will be 5-10 mins Questions & Answers at the end of each session

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Venue

This is a virtual conference on Zoom with interactive breakouts and a dedicated landing page with resources available for three months after the conference.

Date

Friday 2nd July 2021

Conference Fee

- £295 + VAT (£354.00) for NHS, Social care, private healthcare organisations and universities.
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