

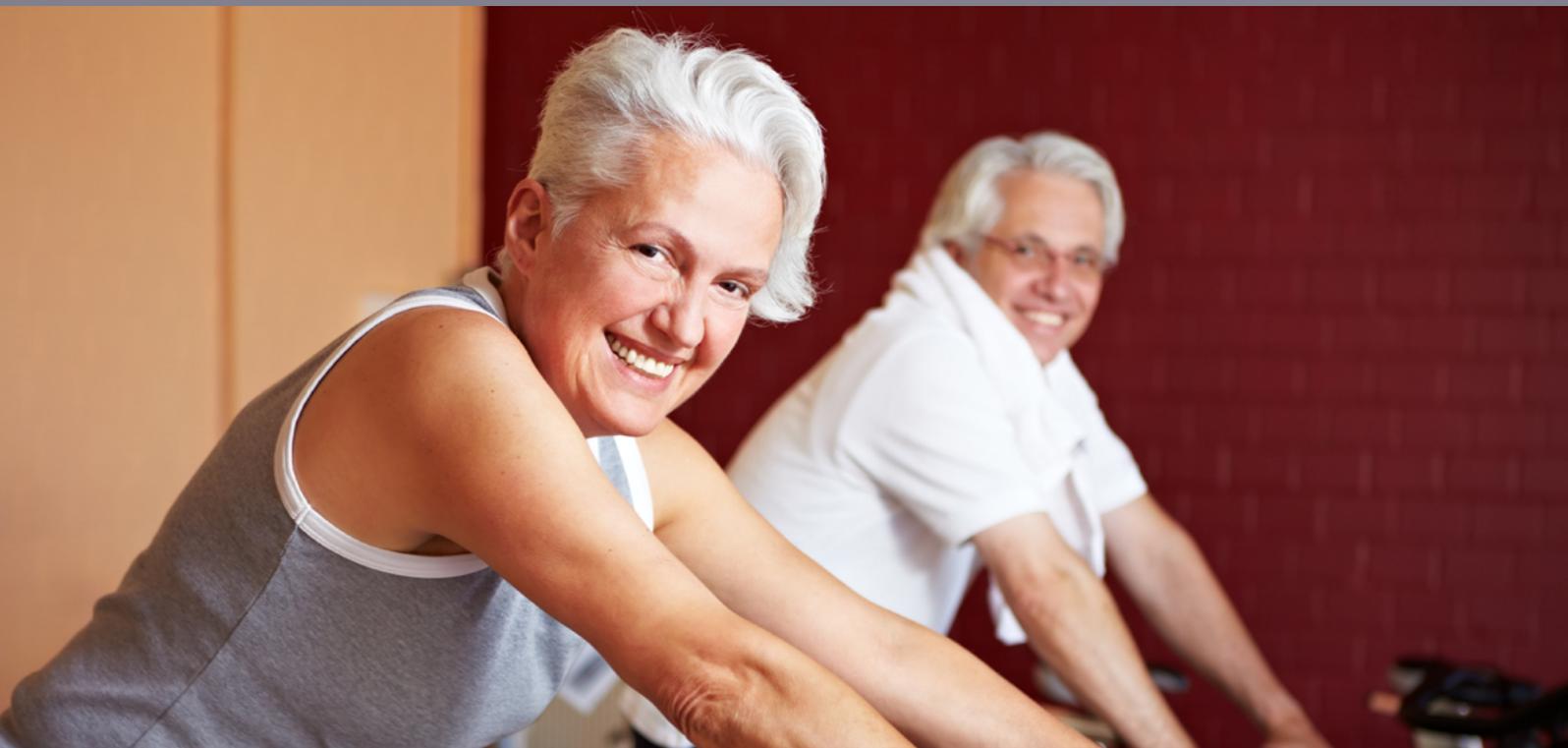
# Prehabilitation Principles & Practice

## *Supporting Patients to Get Fit for Surgery*

10% card payments discount\*\*  
15% group booking discount\*\*

Friday 15th October 2021

Virtual Conference



### Chair & Speakers Include:

#### **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*

#### **Nicola Porter**

*Macmillan Oncology  
Dietitian  
Royal Surrey NHS  
Foundation Trust*

#### **Dr Tarannum Rampal**

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

#### **Dr Hugh Selsick**

*Lead Psychiatrist of the  
Insomnia Clinic  
Royal London Hospital  
for Integrated Medicine*

**H HEALTHCARE  
CONFERENCES UK**



Supporting Organisations:

**EUROPEAN HIP SOCIETY**



# Prehabilitation

## Principles & Practice

### Supporting Patients to Get Fit for Surgery

10% card payments discount\*  
15% group booking discount\*\*

Friday 15th October 2021

Virtual Conference

*"You wouldn't run a marathon without undertaking any training and prehabilitation aims to optimise a person's health and wellbeing to help maximise their resilience to treatment throughout their journey."*

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

*"Fitter patients who are able to improve their health and activity levels recover from surgery more quickly and with fewer complications. What you do in the time leading up to surgery can have a really big impact on your recovery and long term health."*

*Royal College of Anaesthetists 2020*

*"With NHS surgical waiting lists now standing at a record 4.6 million, it is not surprising that accelerating the restoration of elective care is one of the priorities....We think "doing things differently" must include changing the narrative of the waiting period. We must get better at supporting patients who are waiting for their surgery to be ready for the NHS when the NHS is ready for them. And, in turn, we need to support healthcare teams to be ready for the patient. Or as colleagues have put it, we need to turn "waiting lists" into "preparation lists.... Patients most at risk of adverse outcomes are older, multimorbid, and frail, or smoke, drink excess alcohol or have low or high body mass index and lead sedentary lives. This is a growing population and it makes sense to use the waiting period proactively to address these risk factors: optimise underlying health conditions, and encourage and provide exercise and psychological interventions, address smoking and alcohol use, and work towards a healthy weight. Various approaches to "prehabilitation" encompassing some or all of these factors have been shown to reduce postoperative complications by between 30%-80% and reduce hospital stays by one-two days on average. A number of studies have also shown there to be a reduction in postoperative mortality rates. Additionally, prehabilitation provides an opportunity to support and embed behaviour change which should provide long term health benefit."*

*The British Medical Journal April 2021*

*"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*

*"Elective surgeries have been markedly reduced or even halted altogether in countries affected by the Covid-19 pandemic, the scale of which is unprecedented in modern medicine. The pandemic will negatively affect many individuals' health due to reductions in physical activity, suboptimal diets, increased substance use, decreased control of co-morbid conditions, and deterioration in mental health.1 Predictably, some patients waiting for surgery will experience a decline in their health from pre-pandemic baseline—potentially affecting surgical risk. Thus, there is a window of opportunity to consider greater implementation of surgical prehabilitation...Prehabilitation may influence surgical morbidity and mortality during and even after the pandemic."*

*BMJ 2020*

This conference focuses on Prehabilitation – Principles and Practice, and will provide a practical guide to delivering an effective prehabilitation programme, ensuring patients are fit and optimised for surgery. 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, and currently high waiting lists could be used as preparation time to ensure the best outcomes. The conference will look at preoperative 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 for surgery
- Reflect on a patient lived experience
- Learn from outstanding practice in implementing a prehabilitation programme
- Demonstrate a business case for prehabilitation and ensure prehab services continue through and beyond the pandemic
- Reflect on national developments and learning
- Improve the way we support patients to prepare themselves, physically and emotionally for surgery
- Develop your skills in Behaviour Change and Motivational Interviewing
- Embed virtual prehabilitation into your programme during and beyond Covid-19
- Learn from case studies
- Understand how you can improve emotional and psychological support
- Explore the role of prehabilitation in older people
- 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

**100% of delegates at the last event on this subject would recommend this virtual event to a colleague and all delegates who completed the evaluation stated that attending the conference would ultimately have a positive impact on patient experience and outcomes**

## 10.00 Chair's Introduction: Principles of Prehabilitation: Evidence and 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 A Patient Perspective

### Tony Collier BEM

Patient Representative  
Prehab4Cancer in Greater Manchester

- my personal story and relationship with exercise
- Prehab4Cancer in Greater Manchester – a real success story
- outcomes of patient focus groups, the patient perspective

## 11.15 Comfort Break & Virtual Networking

## 11.30 EXTENDED SESSION: Prehabilitation for Surgery Behaviour Change and Motivational Interviewing

### Dr Catherine Lester

Musculoskeletal Medicine, Pure Sports Medicine  
and Team Doctor, Moving Medicine

- developing your skills in motivational interviewing – how to talk about exercise in a 1 minute consultation
- making every contact count: supporting people in making positive changes to their physical and mental health and wellbeing.
- optimising patient care to deliver physical activity and exercise, nutrition and psychological support screening, assessment and interventions through workforce development
- the health benefits of swimming
- simple measures to improve diet
- prehabilitation for people who have diabetes, frailty, possibility of day surgery, anaemia
- our experience of group surgery schools and the impact on outcomes
- breakout rooms to practice motivational interviewing

## 12.35 Small Breakout Groups

## 12.55 Lunch Break & Virtual Networking

## FOCUS: Prehabilitation Case Studies

## 13.30 Delivering an effective prehabilitation programme

### Nicola Porter

Macmillan Oncology Dietitian  
Royal Surrey NHS Foundation Trust

- setting up and delivering AHP led prehabilitation prior to surgery
- elements of the programme
- evaluating outcomes of a two year pilot

## 14.00 Benefits of improving Physical and Psychological health

### 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
- next steps in light of the Covid-19 experienced

## 14.25 Measuring the outcomes of prehabilitation and developing Virtual Prehabilitation support during Covid-19

### Dr Tarannum Rampal

Consultant Anaesthetist, Princess Royal and  
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
- the impact on patients undergoing major surgery

## 15.05 Small Breakout Rooms

## 15.20 Comfort Break & Virtual Networking

## 15.30 Prehabilitation and Sleep

### Dr Hugh Selsick

Lead Psychiatrist of the Insomnia Clinic  
Royal London Hospital for Integrated Medicine

- understand the importance of sleep and circadian rhythms in prehabilitation
- be aware of some strategies to optimise sleep in the prehabilitation stage
- the importance of sleep education in the prehabilitation stage to optimise sleep in the rehabilitation phase

## 15.55 Prehabilitation for Older People undergoing Surgery

### Dr Jude Partridge

Consultant Geriatrician Proactive Care of Older People undergoing Surgery (POPS), Department of Ageing and Health  
Guy's and St Thomas' NHS Foundation Trust

- the proactive care of older people undergoing surgery programme
- ward-based education focusing on elderly care and surgical issues
- learning from our programme

## 16.20 Optimising Nutrition

### Lucy Eldridge

Dietetic Team Leader The Royal Marsden NHS Foundation Trust and  
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

## 16.55 Chair's Closing Remarks

There will be time after each speaker session for Questions and Answers

# Prehabilitation: Principles and Practice

## Friday 15th October 2021

### Virtual Conference

Download

#### How to book

Book online via credit card and receive a 10% discount\*

[www.healthcareconferencesuk.co.uk](http://www.healthcareconferencesuk.co.uk)

Post this form to Healthcare Conferences UK  
8 Wilson Drive, Ottershaw, Surrey, KT16 0NT

#### > Your Details (please complete a new form for each delegate. Photocopies are acceptable)

Dr Mr Mrs Ms  (Please Circle)

First Name

Surname

Job Title

Department

Organisation

Address

Postcode

Telephone

Fax

Email

Please write your address clearly as confirmation will be sent by email, if you prefer confirmation by post please tick this box,   
Please also ensure you complete your full postal address details for our records.

#### This form must be signed by the delegate or an authorised person before we can accept the booking

(By signing this form you are accepting the terms and conditions below)

Name

Signature

Date

#### > Payment

**By Cheque** A cheque for  is enclosed

Please make Cheques Payable to: Healthcare Conferences UK Ltd.

**By Invoice** Please send an invoice to

Name

Organisation

Address

Postcode

**PURCHASE ORDER NUMBER**  
(If Applicable)

Please note if you are requesting an invoice many NHS organisations now require a Purchase Order Number to be provided. If you do not provide this number this may slow down the processing of this delegate place.

**By B A C S**

For Payments in £:  Sort Code 40-46-22 Account No. 21553690

Please send your BACS remittance form as confirmation of payment

Your BACS Reference

**By credit card** Please debit my Visa/Mastercard/Switch **All sections must be completed**

Cardholder's Name

Card No.

Valid From

Expiry Date

Issue No. (switch only)

You will be contacted during the processing of your booking to confirm the payment card security code. (this is the last three digits of the number printed on the back of your card)

Signature

Card billing address

**Promotional Code**

For more information contact Healthcare Conferences UK on **01932 429933** or email [jayne@hc-uk.org.uk](mailto:jayne@hc-uk.org.uk)

#### Venue

This is an interactive virtual conference with two streams, and resources available for three months after the date.

#### Date

Friday 15th October 2021

#### Conference Fee

- £295 + VAT (£354) for NHS, Social care, private healthcare organisations and universities.  
 £250 + VAT (£300) for voluntary sector / charities.  
 £495 + VAT (£594) for commercial organisations.

#### \*Credit Card Discount

10% discount when you book via credit or debit card. This offer is exclusive to card bookings and cannot be used in conjunction with any other Healthcare Conferences UK offer.

#### \*\*Group Rates

A discount of 15% is available to all but the first delegate from the same organisation, booked at the same time, for the same conference.

#### Terms & Conditions

A refund, less a 20% administration fee, will be made if cancellations are received, in writing, at least 4 weeks before the conference. We regret that any cancellation after this cannot be refunded, and that refunds for failure to attend the conference cannot be made, but substitute delegates are welcome at any time.

#### Confirmation of Booking

All bookings will be confirmed by email, unless stated otherwise. Please contact us if you have not received confirmation 7-10 days after submitting your booking.

#### Exhibition

If you are interested in exhibiting at this event, please contact Carolyn Goodbody on 01932 429933, or email [carolyn@hc-uk.org.uk](mailto:carolyn@hc-uk.org.uk)

#### Credits

CPD Certified. Conference Producer is a member of the British Association for Professional Conference Organisers.

The information provided will be held on the Healthcare Conference UK's database and may be used to update you with details of other events that we organise. If you DO NOT wish to receive this information, please tick this box

We occasionally release your details to companies sponsoring or exhibiting at our events. If you DO NOT wish to receive information from these companies, please tick this box

Healthcare Conferences UK reserve the right to make changes to speakers and programmes without prior notice.  
©Healthcare Conferences UK Ltd 2021

