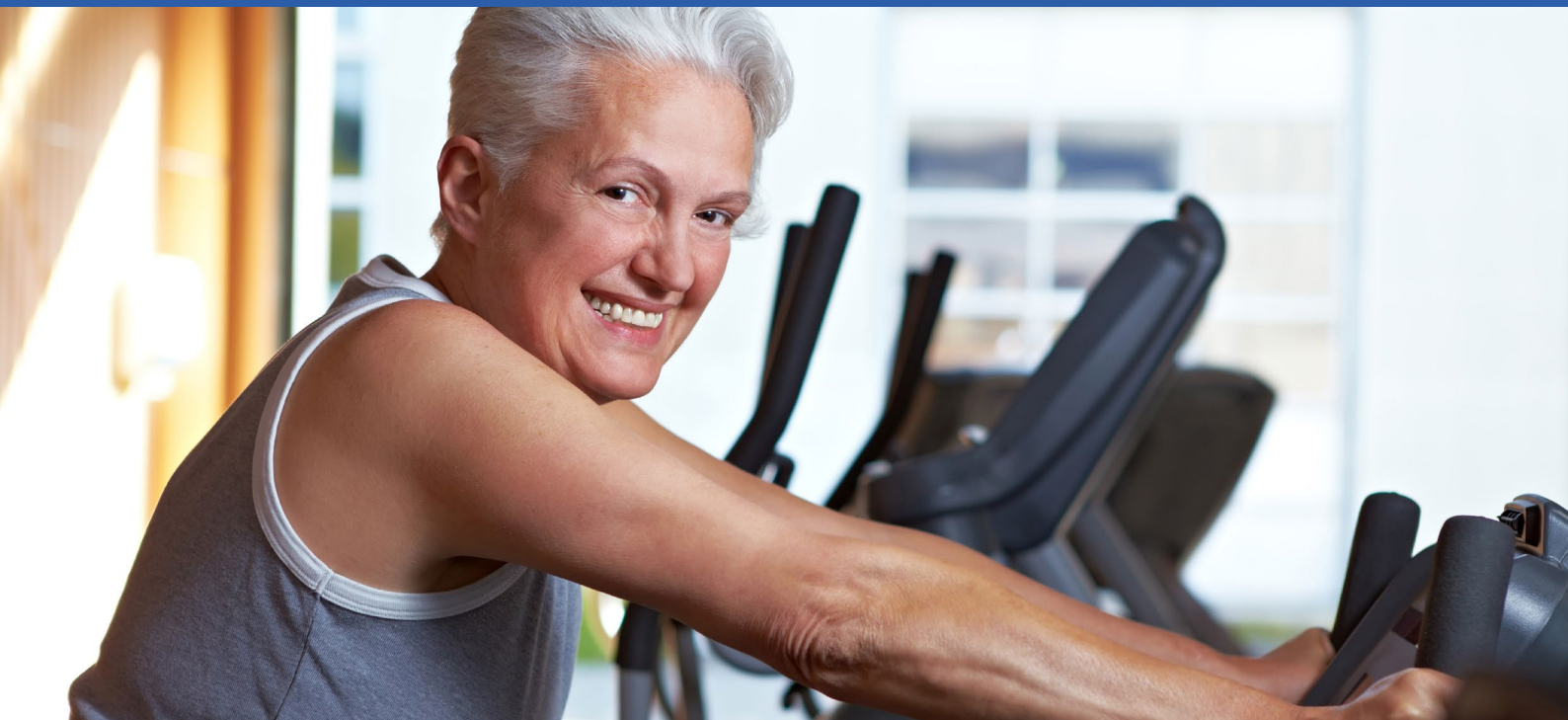


Prehabilitation in Cancer Care

Principles & Practice

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Friday 5th November 2021 Virtual Conference



Chair & Speakers include:

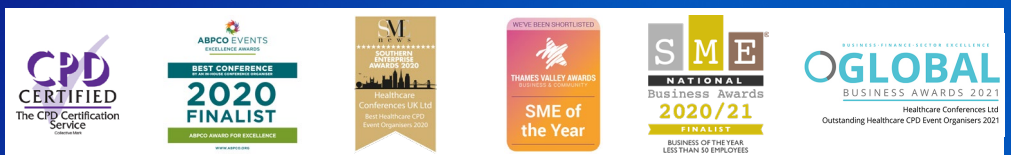
Professor Robert Thomas

*Consultant Oncologist Bedford & Addenbrooke's
Cambridge University Trusts
Professor of Exercise & Nutritional Science
University of Bedfordshire*

Ceinwen Giles

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

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Prehabilitation in Cancer Care *Principles & Practice*

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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

“ There is growing evidence of positive effects of prehab on improving health outcomes for cancer patients before and after surgery. Prehab provides an opportunity to tackle the management of a number of risk factors such as anaemia and malnutrition which may have an adverse effect on functional capacity and ultimately on postoperative outcomes, including recovery... 70% people affected by cancer have other long term conditions (LTCs) according to Macmillan. Prehab promote positive health behaviour change which can impact on long term health”

NHS Healthy London Partnership December 2020

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

100% of delegates at the last conference on this subject would recommend this conference to a colleague

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

Professor Robert Thomas

Consultant Oncologist
Bedford & Addenbrooke's Cambridge University Trusts
Professor of Exercise & Nutritional Science
University of Bedfordshire

- prehabilitation: the evidence
- how can we better support patients to prepare themselves, physically and emotionally for cancer 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

11.00 Demonstrating a business case for prehabilitation to ensure services continue through & beyond Covid-19: The experience of the Pan London Covid cancer prehab clinical working group putting together the Cancer Prehab Toolkit

Shana Hall Specialist Physiotherapist Cancer Rehabilitation
King's College Hospital NHS Foundation Trust
and Jason Tong Senior Implementation Lead, Transforming Cancer Service Team
Healthy London Partnership

- guidance to develop a prehab business case including research evidence of the benefit of prehab
- prehab resources
- prehab screening and assessment tools

11.30 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

12.50 Lunch Break and Virtual Networking

Focus: Prehabilitation Case Studies

13.30 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 Prehabilitation in Complex Cancer Patients

Claire Taylor MBE

Macmillan Nurse Consultant in Colorectal Cancer London North West Healthcare NHS Trust; Visiting Lecturer King's College, London & Chair National Colorectal Cancer Nurses Network

and Alice Finch

Macmillan Specialist Physiotherapist in Complex Colorectal Cancer
London North West Healthcare NHS Trust

- supporting prehabilitation in complex cancer patients
- working with frail older people
- prehabilitation for people living with and beyond cancer - the role of prehabilitation in cancer survivorship

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

Roberto Laza-Cagigas

Senior Operations 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

15.30 Comfort Break and Virtual Networking

16.00 Optimising Prehabilitation for Surgery: A Physio Led Approach

Georgina McLean

Physiotherapist
Royal Surrey NHS Foundation Trust

- setting up and delivering AHP led prehabilitation
- 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
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

17.00 Closing Remarks from Chair

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

Prehabilitation in Cancer Care

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Virtual Conference

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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 5th November 2021

Conference Fee

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