

# Prehabilitation Principles & Practice

## *Supporting Patients to Get Fit for Surgery/Treatment*

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

Friday 20th September 2024

Virtual Conference



### Speakers Include:

**Tony Collier BEM**  
*Patient Representative*  
Prehab4Cancer in Greater Manchester

**Prof Tarannum Rampal**  
*Consultant Anaesthetist*  
King's College Hospital NHS Foundation Trust  
& *Clinical and Strategy Lead*  
Kent and Medway Prehabilitation

**Dr Mark Johnston**  
*Consultant Geriatrician POPS Lead*  
(*Peri-Operative care for Older People undergoing Surgery/OncoGeriatrics*)  
Liverpool University Hospitals NHS Foundation Trust

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# Prehabilitation Principles & Practice

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Prehabilitation, or prehab, is a proactive approach to optimizing patient health before undergoing a procedure or treatment. Prehabilitation comprises multidisciplinary healthcare interventions, including exercise, nutritional optimisation, and psychological preparation, which aim to improve outcomes and readiness for surgery or cancer treatment, with the aim being to shorten the period of recovery, reduce complications, and improve the quality of recovery and quality of life.

***“Patients who are unfit or have co-morbidities that impact on their day-to-day living are at higher risk of complications and mortality from surgery. Complications increase length of hospital stay and health resource use in both primary and secondary care, and are associated with reduced long-term survival and quality of life.”***

*NHS England 2023*

***“Prehabilitation in Cancer empowers people with cancer to enhance their own physical and mental well-being and therefore supports them to live life as fully as they can. Benefits can be seen in as little as two weeks”***

*June Davis, Allied Health Professional Advisor, Policy and Impact, Macmillan Cancer Support March 2024*

***“Evidence shows that actively improving your physical and mental health can help you recover more quickly from surgery, chemotherapy and radiotherapy, and reduce the chance of further problems during and after your treatment, as well as many other benefits.”***

*Prehab4Cancer*

***“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*

This conference focuses on Prehabilitation – Principles and Practice and offers a comprehensive and practical guide to delivering an effective prehabilitation programme, ensuring patients are fit and optimised for surgery. Attendees will gain valuable insights into the latest trends, evidence-based practices, and strategies to optimise patient outcomes within the NHS. The conference will look at preoperative optimisation of patients’ fitness and wellbeing through exercise, nutrition and psychological support, integrating prehabilitation into the care pathway, the relationship between prehabilitation and sleep, as well as behaviour change, and also how to measure the outcomes of prehabilitation. Throughout the day, there will be interactive sessions, small breakout groups, and collaborative exercises, fostering a dynamic learning experience.

This conference will enable you to:

- Network with colleagues who are working to deliver effective prehabilitation programmes
- Reflect on a patient lived experience
- Emulate outstanding practice in implementing a prehabilitation programme
- Learn first hand from case studies including prehabilitation for surgery, and prehabilitation for cancer treatment
- 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 pre treatment patient pathway
- Apply interactive case studies to enhance practical understanding prehabilitation strategies
- Understand how you can improve emotional and psychological support for patients
- Explore the role of prehabilitation in older people
- Work with patients to improve nutrition
- Learn how to effectively measure the outcomes of prehabilitation
- Ensure you are up to date with the latest evidence
- Self assess and reflect on your own practice
- Supports CPD professional development and acts as revalidation evidence. This course provides 5 Hrs training for CPD subject to peer group approval for revalidation purposes

## 10.00 Chair's Introduction & Welcome

### 10.10 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

### 10.45 Setting Up and Delivering an Effective Prehabilitation Programme

#### **Speaker to be announced**

- Setting up and delivering an effective prehabilitation programme
- Assessing the suitability of patients for prehabilitation
- Psychological preparation for treatment
- Setting measurable goals and performance indicators and evaluating outcomes
- Future areas where prehabilitation to improve patient outcomes

11.20 *Comfort Break & Virtual networking*

### 11.40 EXTENDED SESSION: Integrating Prehabilitation into the Care Pathway

#### **Rachael Barlow**

*National Lead, Enhanced Recovery, Prehabilitation and Optimisation*  
Cardiff University

- How to integrate prehabilitation into the cancer care pathway
- The impact of prehabilitation on cancer outcomes
- Planning and delivering prehabilitation services in cancer care
- Exploring the use of prehabilitation screening tools and assessments in cancer care pathways
- Patient engagement strategies

12.20 *Lunch Break & Virtual Networking*

### 13.20 Prehabilitation for Older People Undergoing Surgery

#### **Dr Mark Johnston**

*Consultant Geriatrician POPS Lead (Peri-Operative care for Older People undergoing Surgery/OncoGeriatrics)*  
Liverpool University Hospitals NHS Foundation Trust

- The proactive care of people living with frailty undergoing surgery programme
- Ward-based education focusing on elderly care and surgical issues
- Learning from our programme

### 13.50 Prehabilitation and Sleep

#### **Dr Hugh Selsick**

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

- Understanding the importance of sleep and circadian rhythms in prehabilitation
- Strategies to optimise sleep in the prehabilitation stage
- The importance of sleep education in the prehabilitation stage to optimise sleep in the rehabilitation phase

### 14.20 Prehabilitation and Behaviour Change

#### **Robbie Huddleston**

*Chief Medical Officer*  
Surgery Hero

- The principles of behaviour change in prehabilitation
- Making every contact count / motivational interviewing: supporting people in making positive changes to their physical and mental health and wellbeing
- Role of technology in monitoring and supporting behaviour change in prehabilitation

14.50 *Comfort Break & Virtual Networking*

### 15.00 Measuring the Outcomes of Prehabilitation

#### **Prof Tarannum Rampal**

*Consultant Anaesthetist*  
King's College Hospital NHS Foundation Trust  
& *Clinical and Strategy Lead*  
Kent and Medway Prehabilitation

- Exploring the most relevant and measurable outcomes of prehabilitation for surgical patients
- Methods and tools available for collecting data on prehabilitation outcomes in a real-world clinical setting
- Statistical approaches best suited for analysing the data and drawing meaningful conclusions about prehabilitation outcomes
- The development of virtual prehabilitation – learning from the pandemic

### 15.30 Benefits of improving Psychological health

#### **Speaker to be announced**

- 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

### 16.00 Optimising Nutrition

#### **Lucy Eldridge**

*Associate Lead for Therapies – Gastrointestinal, Gynaecology, CCU, Palliative Care and Drug Development; and Professional Lead for Dietetics*  
The Royal Marsden NHS Foundation Trust and  
Education Officer, BDA Oncology Specialist Group

- Delivering nutritional support as part of prehabilitation
- Working with patients to improve nutrition
- Working with people living with and beyond cancer to improve nutrition and outcomes

16.30 *Chair's Closing Remarks*

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

# Prehabilitation: Principles and Practice

## Friday 20th September 2024

### Virtual Conference

Download

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#### Venue

This virtual conference is run using a live stream on Zoom, interactive breakout rooms, and resources on a secure landing page available for three months after the event.

#### Date

Friday 20th September 2024

#### 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.

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