

Information requested under the Freedom of Information Act 2000

1. Does your organisation offer patients a prehabilitation programme?

- ☒ **Yes** (*go to question 2*)
☐ No

Are you planning to set up a prehabilitation programme in the next 12 months in your organisation?

- ☒ **Yes** (*no further questions to complete*)
☐ No (*no further questions to complete*)

Comments: **Funding has recently been agreed for Allied Health Professional (AHP) Prehabilitation posts to support a programme for people diagnosed with Cancer – posts are currently in the recruitment phase.**

2. For how long has your prehabilitation programme been running?

- ☒ **<1 year**
☐ 1-3 years
☐ >3 years

3. Please provide the name and contact details of your organisation's prehabilitation lead/s (enter more than one name, email address and telephone number if necessary):

Name: Rachel Lewis – AHP Lead, cancer Rehabilitation, leading on Prostate cancer Virtual Prehab & optimisation programme and planned Cancer prehab programme.

Email address: Rachel.lewis14@wales.nhs.uk

Name: Marilize Du Preez – Improvement and Transformation lead, leading on Orthopaedic virtual prehabilitation programme

Email address: Marilize.Du.Preez@wales.nhs.uk

4. The prehabilitation programme is being offered to patients undergoing:

Please tick all that apply.

- ☒ **Orthopaedic surgery – hip & knee surgery only**
☐ Cardiac surgery
☒ Thoracic surgery – **provided by a regional team based in Morriston Hospital, Swansea Bay University Health Board (SBUHB), includes cancer resections only**
☐ Vascular surgery
☐ Gastro-oesophageal surgery
☐ Hepatobiliary surgery
☐ Colorectal surgery
☒ **Urological surgery – Prostatectomy surgery only**

- ☐ Gynaecological surgery
☐ Chemotherapy
☐ Radiotherapy
☒ Other (*please specify*): **Some patients awaiting regional services eg. cardiothoracic surgery or heart-transplant are being seen in pulmonary rehabilitation but this does not provide a structured prehabilitation service and was not set up or funded to deliver prehabilitation.**

5. For surgical specialties that involve **cancer** and **benign disease**, prehabilitation is offered to:
Please tick all that apply.

- ☐ Cancer patients only
☐ Cancer and non-cancer patients
☒ Not applicable

Comments: _____

6. What does your prehabilitation programme include and where / how is it delivered?
Please tick all that apply.

	In hospital	In community	Refer to GP	Phone or video sessions	Online live group sessions	Resources provided for self-delivery	Other mode of delivery (e.g. via an interactive App)	Not included in programme
Exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Respiratory exercises	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Incentive spirometry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Nutrition advice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Oral nutritional supplements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smoking cessation advice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Alcohol cessation advice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Psychological support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Medical optimization of co-morbidity (e.g., diabetes, cardiovascular disease, anaemia)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Education (to improve patient knowledge, self-efficacy and resilience)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Other component	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

If Other component or Other mode of delivery please specify:

Virtual services- sessions delivered in the community in the patient's own home via TEC/ digital platforms. Live sessions and online programme available. Ability for face to face if virtual and digital

platforms not suitable. Patients can be referred to GP or consultant if medical optimisation of co-morbidities are required but the programmes does offer optimisation for co-morbidities via AHP/ health psychology.

7. Has the delivery of your prehabilitation programme changed due to the COVID-19 pandemic?

- ☐ Yes
☒ **No – set up as a response to covid-19**

If yes, please state how: _____

8. Which of the following clinical specialties are involved in delivering your prehabilitation programme?
Please tick all that apply.

- ☐ Anaesthetists
☐ Surgeons
☐ Clinical nurse specialists
☒ **Dietitians**
☒ **Physiotherapists**
☐ Exercise instructors
☒ **Occupational therapists**
☒ **Rehabilitation/therapy support staff**
☒ **Clinical psychologists**
☐ None of the above
☐ Other (*please specify*) _____

9. Which of the following risk factors are patients screened for before starting prehabilitation?
Please tick all that apply.

- ☒ **Physical fitness (e.g., CPET testing / incremental shuttle walk test)**
☒ **Nutrition (e.g., weight loss, poor food intake, body mass index)**
☒ **Psychological risk factors (e.g., anxiety, depression)**
☒ **Co-morbidities**
☒ **Smoking/ alcohol intake**
☐ None of the above
☒ **Other (*please specify*): Social and home situation, employment status (for evaluation of social return), digital requirements/ literacy**

10. At which point in the treatment pathway are patients referred to your prehabilitation programme?
Please tick all that apply.

- ☒ **Pre-operative assessment**
- ☒ **Outpatient appointment following the MDT**
- ☒ **Other (*please specify*): Waiting lists as service was set up during COVID, all stage 4 orthopaedic patients are offered an 8 week online programme as well as access to the Waiting list support service, priority 2 offered live 12 week programme**

11. Do you collect any of the following as part of a service audit, quality assurance or improvement framework?

Please tick all that apply:

- ☒ **Clinical outcome data (e.g., mortality, complications, length of hospital / intensive care stay, readmission to hospital, etc.)**
- ☒ **Patient-reported outcome data (e.g., patient satisfaction, quality of life, etc.)**
- ☒ **Adherence to the prehabilitation programme**
- ☐ The service is not currently audited
- ☒ **Other (*please specify*) Social return, follow-ups, digital/TEC evaluation, compliance with remote monitoring, longer term evaluation of outcome measures across the pathway**

12. Do you use any of the following to assess patient adherence / engagement with the prehabilitation programme?

Please tick all that apply.

- ☒ **Patient diaries**
- ☒ **Regular communication via email or telephone, or an app or video consultation**
- ☐ Patient attends the hospital regularly during the programme
- ☐ We do not currently collect patient adherence data
- ☒ **Other (*please describe*) Adherence monitoring and communication build into TEC and virtual platforms/ delivery model**

13. Who funds your organisation's prehabilitation service?

Please tick all that apply.

- ☐ Commissioned service
- ☐ Charity (e.g., Macmillan)
- ☐ Part of a research study
- ☐ The service is not funded as a prehabilitation service
- ☒ **Other (*please describe*) Fixed term funding until March 2022 via Out-patient Transformation funds**

14. Thank you for completing this survey. Please leave any other comments below:
