

Name of your NHS Trust / Local Health Board / Health and Social Care Trust:

_____ UHNM _____

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: 'Stronger 4 Surgery School' is a trial service that commenced in 2019 but stopped early 2020 due to coronavirus pandemic.

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: Veera Gudimetla, Vamshi Jagadeshm, Hannah Warrilow
Sarah Smyth

Email address: All trust emails are in the following format:

Firstname.lastname@uhnm.nhs.uk

Telephone number: 01782671648

4. The prehabilitation programme is being offered to patients undergoing:
Please tick all that apply.

- Orthopaedic surgery
 Cardiac surgery

- Thoracic surgery
- Vascular surgery
- Gastro-oesophageal surgery
- Hepatobiliary surgery
- Colorectal surgery
- Urological surgery
- Gynaecological surgery
- Chemotherapy
- Radiotherapy
- Other (*please specify*) _____

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 type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Respiratory exercises	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Incentive spirometry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nutrition advice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input 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 checked="" type="checkbox"/>
Smoking cessation advice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alcohol cessation advice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Psychological support	<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"/>
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 type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other component	<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"/>

If Other component or Other mode of delivery please specify:

Patients are introduced to the concept of prehabilitation by their surgeons in the outpatient clinic. They are then sent a booklet with exercise, diet and mental health advice in it. Along side this they are sent a spirometer (instructions for use are in the booklet). They are then contacted by the ERAS CNS team to assess progress. However due to redeployment (secondary to COVID) this has been a fractured service.

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

- Yes
- No

If yes, please state how:

Previously patients would come into hospital for one afternoon to attend an educational session where they would be given face to face instruction on how to manage their physical fitness, diet, mental wellbeing. They were given written resources and an incentive spirometer to commence an at home exercise programme. Since COVID there is no face-to-face session and they are sent the booklet / spirometer through the post to commence independently. The service is not a trust funded, substantive service – the staff deliver the programme in addition to their usual roles currently, to assess whether the programme is effective at improving the patient's surgical journey, and subsequently their outcomes.

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)

**** Only the OG patients have CPET testing as part of their surgical pathway.**

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) _____

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) _____

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) _____

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*) _____

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

***** **THANK YOU FOR TAKING THE TIME TO COMPLETE THIS REQUEST** *****

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