

Information request about Prehabilitation Services 20221123 FOI
ref 292-2223

Q1)a) Do you currently offer any prehabilitation services to patients undergoing surgery within your trust?

Yes No (if no, please go to question 8)

b) If Yes, which specialties currently are offering prehabilitation to patients prior to surgery?

Orthopaedics

Colorectal

Upper Gastrointestinal

Vascular

Cardiothoracic

Other (please state)

c) In what year were these services established?

2019

d) If known, how many patients in total have gone through a prehabilitation programme to date?

Approx. 200

Q2) In your trust, In the year prior to covid (Jan – Dec 2019) how many patients participated in a dedicated prehabilitation program prior to surgery?

- 0 – 24
- 25 – 49
- 50 – 74
- 75 – 100
- > 100

Q3) What components of prehabilitation are currently offered to patients prior to surgery within your trust and how are they delivered?

Medical/Behavioural Optimisation (e.g., Smoking cessation, alcohol reduction)

Offered? Yes No

Provided in Hospital face to face

Hospital remote

Community

Please describe what medical optimisation components are offered.

Physician review

Smoking cessation

Alcohol intake review

Other (please state)

Physical Exercise

Offered? Yes No

Provided in Hospital face to face

Hospital remote

Community

Role of Healthcare professional providing exercise program? (eg. Physio, Nurse, Doctor)

.....physiotherapist education and motivation, followed up by ANP

Frequency of contact with health care professional?

- Daily,
- 2-3 times a week,
- Once a week,
- Once every 2-3 weeks,
- Once a month,
- Less than once a month
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Please describe type of exercise prescribed.

Walking exercise and diary – Upper Limb, core, Lower Limb

Muscle strengthening exercise – Upper Limb, core, Lower Limb

Nutritional Support

Offered? Yes No

Provided in Hospital face to face

Hospital remote

Community

Role of Healthcare professional providing exercise program? (e.g. Dietitian, Nurse, Doctor)

.....eat well, advice and generic diet programme, special requirements referred to die titian

Frequency of contact with health care professional?

- Daily,
- 2-3 times a week,
- Once a week , followed up by ANP
- Once every 2-3 weeks,
- Once a month,
- Less than once a month

Psychological Support

Offered? Yes No

Provided in Hospital face to face

Hospital remote

Community

Role of Healthcare professional providing psychological support? (e.g. Dietitian, Nurse, Doctor)

.....advise and tips on mental health as part of prehabilitation

Frequency of contact with health care professional?

- Daily,
- 2-3 times a week,
- Once a week followed up by ANP
- Once every 2-3 weeks,
- Once a month,
- Less than once a month

Other

Q4)

Please describe any other components of prehabilitation offered by your trust.

All patients were given incentive spirometer and taught how to use it at prehab workshop

How long do patients undergo prehabilitation prior to surgery within your trust?

Average _____ months _____ weeks _____ days

Depends on speciality

Colorectal = 2 weeks

Upper GI = 4 – 6 weeks

Q5) What outcome measures are collected on the efficacy of the prehabilitation program that your patients undertake prior to surgery? (please detail below)

Audit in progress- interrupted by Covid
Length of stay complications
Patient satisfaction and preparedness for surgery

Q6) Does the prehabilitation program that that your patients undertake prior to surgery involve the use of digital technologies to augment the program? (e.g., Digital apps, wearable fitness trackers)

Please detail digital technologies used.
We are in the process of piloting an App for prehabilitation- subject to IG approval

Q7) What effect has the covid-19 pandemic impacted your service?

- No impact
- Services suspended= some
- Adaptation of existing service (eg. Change to remote service from face to face) = telephone follow up
- Booklet and spirometer posted and advised

Q8) Are there any plans to implement a prehabilitation service prior to surgery within your trust in the next year in any of the following specialities?

Orthopaedics

Colorectal

Upper Gastrointestinal

Vascular

Cardiothoracic

Other (please state)

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