

Prehabilitation & Physical activity

East of England regional training day

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MACMILLAN CANCER SUPPORT

New guidelines on their way, watch this space!

Emphasis that prehab is important and can happen at any point in the pathway

It's a MDT approach- often psychology, physiotherapy and dietician

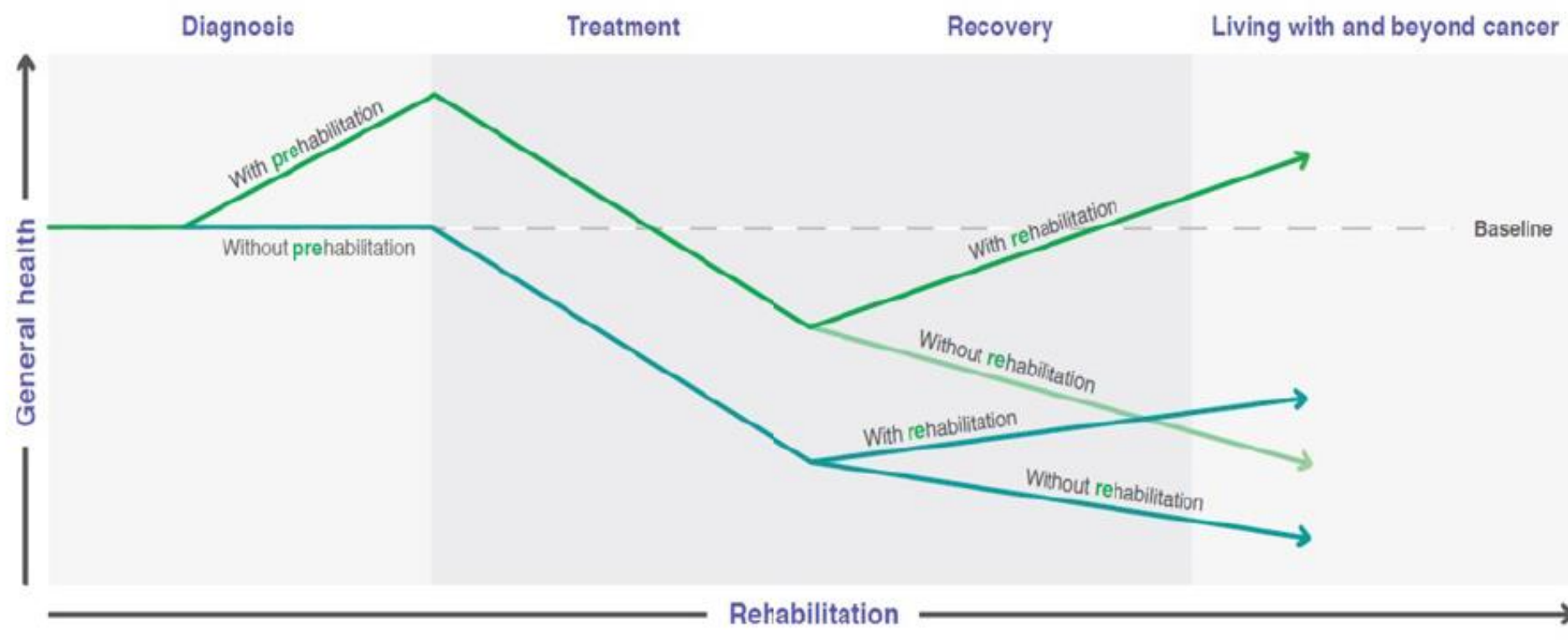
Not just an information delivery like surgery schools but a behaviour change and benefits from ongoing support

Prehabilitation



IMPROVING CANCER CARE BEFORE TREATMENT EVEN STARTS

‘the practice of enhancing a patient’s functional capacity before surgery, with the aim of improving postoperative outcomes’



Prehab intervention at Guy's cancer

Patient are selected from MDM outcome lists and via CNS referrals.

Patients receive a F2F assessment in the multi-disciplinary colorectal prehab clinic

A minimum of two weeks for prehab is required.



What would your service look like?

- Source a budget-what outcomes define success?
- Get your team on board- those who will refer &/or deliver
- Observe a prehab service and learn from them
- Work out the pathway
- Sort out the practicalities- with patient feedback
 - Universal, targeted, specialised?
 - What are the specific needs of your population or tumour group or geography?
 - Virtual, face to face, one stop shop, App delivery?
 - Who will introduce prehab to the patient?

Evidence base supports Physical activity in cancer



Association with reduction in cancer and non cancer mortality, recurrence, and spread in breast, colorectal & prostate cancers (McTiernan 2019)



Hospital stay (Mizrahi 2024)



Ameliorates common cancer Rx side effects including fatigue/anxiety & depression (McTiernan 2019)



Primary prevention of other cancers and diseases related to cancer treatment ie diabetes and cardiovascular disease (Warburton 2006)



Health outcomes in those the greatest risk of poor health, thus reduces health inequalities

Patient self management- reducing the health burden

Being active is important for Cancer

What good things could being more active do for you?



Improves
cancer-related
fatigue



Helps
depression



Helps
anxiety



Improves
sleep
quality



Improves
quality
of life



Improves
cardiorespiratory
fitness



Improves
cognitive
function



Improves
muscle
strength



Helps
joint
pain



Reduces
hormone/metabolic
dysfunction



Helps
body
composition



Reduces
post-operative
complications



Helps
lymphoedema



Helps
sexual
function

What are physical activity recommendations?



Supporting patients with resources

Being active when
you're living with cancer

START



Welcome. If you're living with cancer, this resource will help you to understand more about:

- how physical activity can help you
- how to be physically active before, during and after your treatment
- the support you can get for your concerns and to help get started.

Interested?

Email us at Active.you@gstt.nhs.uk



**CAN I EXERCISE WHEN
I HAVE CANCER?**

Yes



Supporting staff with resources –

New!

Top tips for HCP in many tumour groups & treatment modalities to support staff to give physical activity practical advice

www.selca.nhs.uk

Find out
more:

