

Any other questions you have will also be answered.

## What happens after the first session?

There will be two sessions per week of combined exercise and education sessions, so that you feel fitter, more knowledgeable and empowered about your treatment journey. These should take 1½ hours in total. An online / virtual option is also available.

- First hour – physical activity. The session will consist of a warm up, exercises that improve your strength and fitness, then a cool down.
- Remainder of session – short education session covering prehabilitation, coaching, diet, exercise and your treatment journey.
- You will also be able to stay on afterwards to get any additional 1:1 support that you may need.

## What do I need to bring to class?

- Comfortable clothes, e.g. tracksuit bottoms
- Trainers
- Reading glasses (if you need them)
- Bottle of water
- Any medication / inhalers you may need if you are doing exercise
- Pen to fill in your exercise sheet

## Meet the team

The Cancer Prehab Programme is run by physiotherapists and dietitians, and is supported by health coaches.

## Contacting us

Cancer Prehab Team at the Royal Berkshire Hospital

Tel: 07909 749 994

Email: [prehab@royalberkshire.nhs.uk](mailto:prehab@royalberkshire.nhs.uk)

## Further information

MacMillan Cancer Support

<https://www.macmillan.org.uk/>

You can find more or videos on cancer prehab on Macmillan website:

<https://www.macmillan.org.uk/cancer-information-and-support/stories-and-media/videos/prehabilitation-videos>



To find out more about the Royal Berkshire Hospital Trust visit

[www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

RBFT BCC, September 2024

Next review due: September 2026



## ROYAL BERKSHIRE



## HOSPITAL

# Cancer Prehab

Helping you prepare for treatment

**As a cancer patient, you have been or will be referred to the Cancer Prehabilitation Programme by your specialist cancer nurse.**

**This leaflet explains what that is and how it aims to help you prepare for your patient journey.**

### What is cancer prehabilitation?

Prehabilitation (prehab) means helping you to become as physically and mentally prepared for treatment as you can be. We know that the better your general health, the better you manage any treatment you have.

We will support and advise you on the key areas that have been proven to help with this:

- Improving your physical activity
- Eating a balanced diet and maintaining your weight
- Stopping smoking
- Reducing alcohol
- Improving your mental health and wellbeing

### How can cancer prehab help you?

It has been shown that prehab can:

- Reduce your length of stay in hospital after an operation
- Reduce complications (problems after treatment)

- Improve mood and wellbeing
- Improve long term health

### What happens next?

When you have been referred, you will receive questionnaires by text message or email, focusing on the factors we know make a difference.

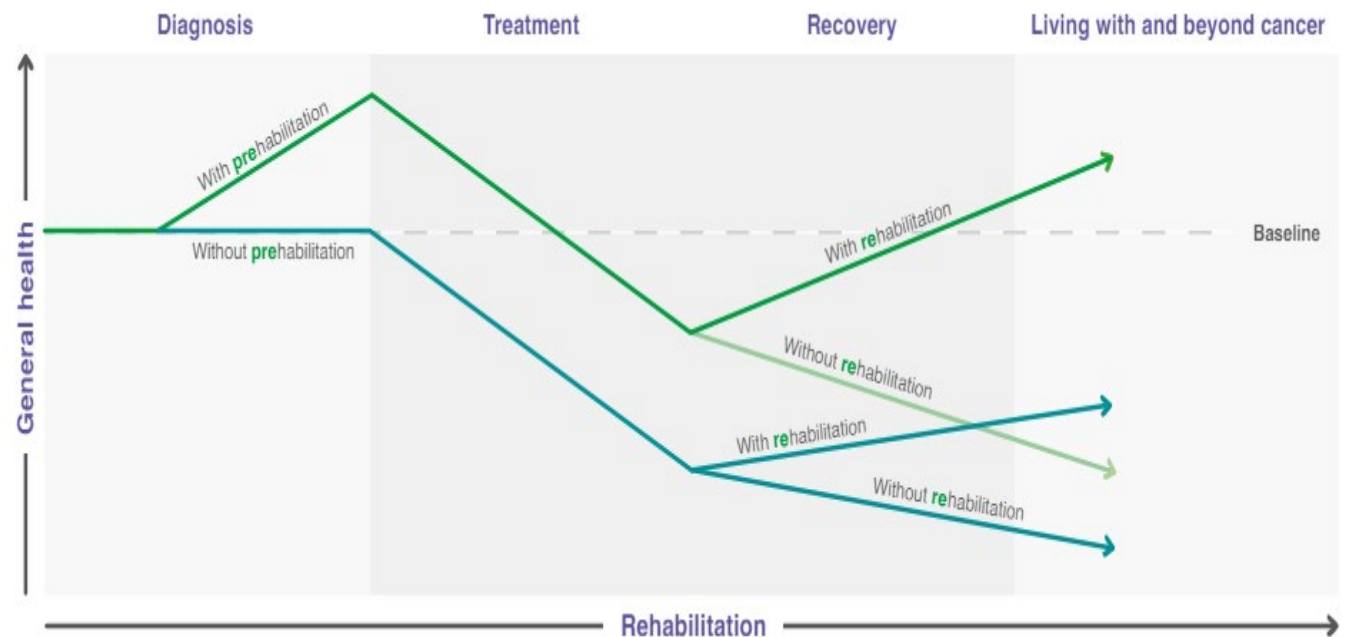
Once you've sent these back to us, one of our health coaches will call you to create a tailored programme of support based on your answers. If you cannot complete the questionnaires electronically, do let us know via the contact details below. You can also complete them during the first assessment that you attend.

One of the most important factors is improving your physical fitness, so we will suggest attending regular exercises classes, run by our specialist team, with other patients with cancer.

### What happens at the first session?

To make the support we provide specific to you, we first need to assess you in person. You will be performing a simple walk test to assess your current fitness and review and complete any questionnaires you were not able to complete online.

You may see a dietitian to discuss your eating and drinking.



*Image: www.macmillan.ork.uk: Principles and guidance for prehabilitation within the management and support of people with cancer.*