

Request under Freedom of Information Act 2000

Thank you for your request for information which we received on 21 December 2021.

I am pleased to confirm the following.

We would like to request information from your organisation under the Freedom of Information (FOI) Act about current rehabilitation services run by NHS Trusts across the UK.

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*)

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:

Email address:

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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" 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 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 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 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 type="checkbox"/>
Smoking cessation advice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input 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 type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Psychological support	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input 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 type="checkbox"/>
Education (to improve patient	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

knowledge, self-efficacy and resilience)								
Other component	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If Other component or Other mode of delivery please specify:

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

- Yes
 No

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*)

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)
-

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If you need any further assistance, please do not hesitate to contact us at the address above.

Yours sincerely,

Aimee Moore
Freedom of Information Co-ordinator
For and on behalf of Milton Keynes Hospital NHS Foundation Trust

<p>Any re-use of this information will be subject to the 'Re-use of Public Sector Information Regulations' and best practice.</p>
