

Prehabilitation Principles & Practice

Supporting Patients to Get Fit for Surgery/Treatment

10% card payments discount**
15% group booking discount**

Tuesday 10th October 2023

Virtual Conference



Chair & Speakers Include:

Dr John Moore

*Adult Critical Care Clinical Director
Consultant Critical Care & Anaesthesia
Manchester University Hospital
NHS Foundation Trust
Clinical Director
Prehab4Cancer*

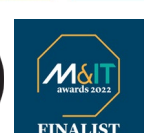
Tony Collier BEM

*Patient
Representative
Prehab4Cancer in
Greater
Manchester*

June Davis

*Lead Allied Health
Professional Advisor and
Nursing Advisor, Centre of
Clinical Expertise
Macmillan Cancer Support*

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“You wouldn’t run a marathon without undertaking any training and prehabilitation aims to optimise a person’s health and wellbeing to help maximise their resilience to treatment throughout their journey.”

Dr Fran Woodard, Executive Director, Policy and Impact, Macmillan Cancer Support

“Fitter patients who are able to improve their health and activity levels recover from surgery more quickly and with fewer complications. What you do in the time leading up to surgery can have a really big impact on your recovery and long term health.”

Royal College of Anaesthetists

“Effective prehabilitation has been shown to reduce complications and improve quality of life. As the health service recovers from COVID-19, it’s now more important than ever to support and optimise patients preoperatively. This leads to better outcomes, reduced complications, shorter hospital stays and improved efficiency in surgical pathways. Prehabilitation and enhanced recovery after surgery should form a key part of current elective recovery plans.”

Professor Mike Grocott, Professor of Anaesthesia and Critical Care Medicine, Consultant in Critical Care Medicine, UHS

“Evidence shows that actively improving your physical and mental health can help you recover more quickly from surgery, chemotherapy and radiotherapy, and reduce the chance of further problems during and after your treatment, as well as many other benefits.”

Prehab4Cancer

“Elective surgeries have been markedly reduced or even halted altogether in countries affected by the Covid-19 pandemic, the scale of which is unprecedented in modern medicine. The pandemic will negatively affect many individuals’ health due to reductions in physical activity, suboptimal diets, increased substance use, decreased control of co-morbid conditions, and deterioration in mental health.1 Predictably, some patients waiting for surgery will experience a decline in their health from pre-pandemic baseline—potentially affecting surgical risk. Thus, there is a window of opportunity to consider greater implementation of surgical prehabilitation...Prehabilitation may influence surgical morbidity and mortality during and even after the pandemic.”

BMJ

This conference focuses on Prehabilitation – Principles and Practice, and will provide a practical guide to delivering an effective prehabilitation programme, ensuring patients are fit and optimised for surgery. This is even more important in light of the Covid-19 pandemic and lockdowns which have had a negative effect on many individual’s health and fitness levels, and currently high waiting lists could be used as preparation time to ensure the best outcomes. The conference will look at preoperative optimisation of patients fitness and wellbeing through exercise, nutrition and psychological support.

This conference will enable you to:

- Network with colleagues who are working to deliver effective prehabilitation for surgery
- Reflect on a patient lived experience
- Learn from outstanding practice in implementing a prehabilitation programme
- Demonstrate a business case for prehabilitation and ensure prehab services continue through and beyond the pandemic
- Reflect on national developments and learning
- Improve the way we support patients to prepare themselves, physically and emotionally for surgery
- Develop your skills in Behaviour Change and Motivational Interviewing
- Embed virtual prehabilitation into your programme during and beyond Covid-19
- Learn from case studies
- Understand how you can improve emotional and psychological support
- Explore the role of prehabilitation in older people
- Work with patients to improve nutrition
- Ensure you are up to date with the latest evidence
- Self assess and reflect on your own practice
- Supports CPD professional development and acts as revalidation evidence. This course provides 5 Hrs training for CPD subject to peer group approval for revalidation purposes

10.00 Chair's welcome and introduction

Dr John Moore

Adult Critical Care Clinical Director, Consultant Critical Care & Anaesthesia Manchester University Hospital NHS Foundation Trust
Clinical Director Prehab4Cancer

10.10 A patient perspective

Tony Collier BEM

Patient Representative
Prehab4Cancer in Greater Manchester

- my personal story and relationship with exercise
- Prehab4Cancer in Greater Manchester – a real success story
- outcomes of patient focus groups, the patient perspective

10.50 Setting up and delivering an effective Prehabilitation Programme

Jenny Borley

Consultant Nurse for Prehabilitation
The Royal Wolverhampton NHS Trust

- setting up and delivering an effective prehabilitation programme
- elements of the programme
- psychological preparation for treatment
- evaluating outcomes
- developing the role of the Prehabilitation Nurse Consultant

11.20 Comfort Break and Virtual networking

11.40 EXTENDED SESSION: Integrating prehabilitation into the care pathway

FOCUS: Prehabilitation for people with cancer

June Davis

Lead Allied Health Professional Advisor and Nursing Advisor
Centre of Clinical Expertise
Macmillan Cancer Support

- integrating prehabilitation into the cancer care pathway
- the impact of poor physical and mental health on outcomes
- planning and delivery of prehabilitation service in cancer care
- working with patients to optimise
 - physical activity and exercise
 - nutrition
 - psychological support and behaviour change
- principles and guidance for prehabilitation within the management and support of people with cancer

12.20 Lunch Break & Virtual Networking

FOCUS: Prehabilitation Case Studies

13.20 Prehabilitation for older people undergoing surgery

Dr Mark Johnston

Consultant Geriatrician, POPS Lead (Peri-Operative care for Older People undergoing Surgery/OncoGeriatrics)
Liverpool University Hospitals NHS Foundation Trust

- the proactive care of older people undergoing surgery programme
- ward-based education focusing on elderly care and surgical issues
- learning from our programme

13.50 Prehabilitation and sleep

Dr Hugh Selsick

Lead Psychiatrist of the Insomnia Clinic
Royal London Hospital for Integrated Medicine

- understand the importance of sleep and circadian rhythms in prehabilitation
- be aware of some strategies to optimise sleep in the prehabilitation stage
- the importance of sleep education in the prehabilitation stage to optimise sleep in the rehabilitation phase

14.20 Prehabilitation and behaviour change

Imogen Fecher-Jones

Lead Nurse Perioperative Services
University Hospital Southampton

- the role of patient screening in workforce development and delivering prehabilitation
- the principles of behaviour change in prehabilitation
- making every contact count / motivational interviewing: supporting people in making positive changes to their physical and mental health and wellbeing
- our experience of group surgery schools and the impact on outcomes

14.50 Comfort Break & Virtual Networking

15.10 Measuring the outcomes of prehabilitation

Dr Tarannum Rampal

Consultant Anaesthetist, Princess Royal
& Clinical and Strategy Lead, Kent and Medway Prehabilitation

- developing a tailored programme for each patient
- measuring and monitoring improvements and outcomes
- the development of virtual prehabilitation – learning from the pandemic
- fit4surgery and the impact on patients undergoing major surgery

15.40 Optimising nutrition

Lucy Eldridge

Associate Lead for Therapies – Gastrointestinal, Gynaecology, CCU,
Palliative Care and Drug Development; and Professional Lead for Dietetics
The Royal Marsden NHS Foundation Trust
and Education Officer, BDA Oncology Specialist Group

- delivering nutritional support as part of prehabilitation
- working with patients to improve nutrition
- working with people living with and beyond cancer to improve nutrition and outcomes

16.10 Case study: Prehabilitation for Day Surgery

Dr Rachel Tibble

Consultant Anaesthetist Derby Teaching Hospitals NHS Foundation Trust
Council Member British Association of Day Surgery

- prehabilitation for Day Surgery: potential and practice
- elements of our programme and challenges
- evaluating outcomes

16.40 Chair's Closing Remarks There will be time after each speaker session for Questions and Answers

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Venue

This virtual conference is run using a live stream on Zoom, interactive breakout rooms, and resources on a secure landing page available for three months after the event.

Date

Tuesday 10th October 2023

Conference Fee

- £295 + VAT (£354) for NHS, Social care, private healthcare organisations and universities.
 £250 + VAT (£300) for voluntary sector / charities.
 £495 + VAT (£594) for commercial organisations.

* Card Discount

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