

Prehab and Rehab CRC Patients SFT

Workforce:

Therapy service covering outpatients and community for Cancer services:

.8 WTE B6 PT

.6 WTE B6 OT

.8 WTE Exs Instructor

.5 WTE Admin Assistant

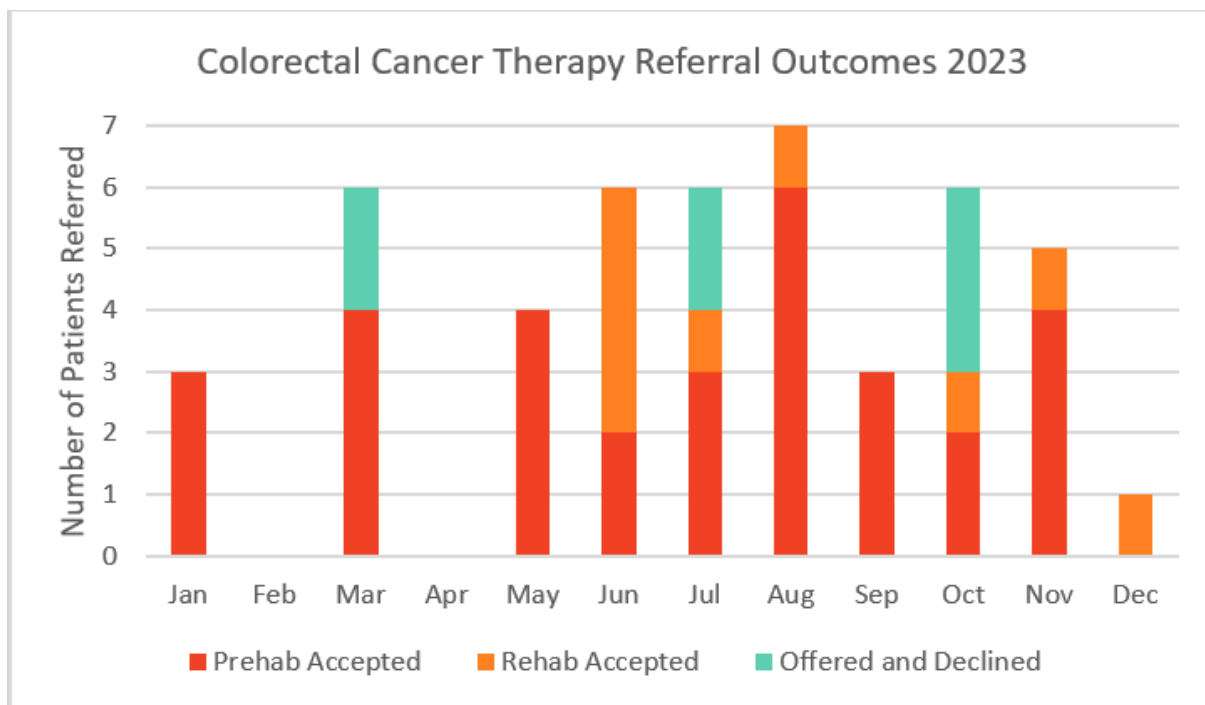
Occasional inpatient support

Referrals:

Referrals from CNS/CSW/Consultant. We recently started the ability for patients to self refer for Prehab to increase number of referrals/accessibility of the service.

Self referral – Information is on SFT Cancer services website and the Cancer Therapy leaflet which should be given at Diagnosis.

Numbers for CRC referrals are low, we are in the process of trying to understand barriers to referral. Hopefully self referral will help. Below shows referrals for Prehab and Rehab for patients with CRC. In process of sourcing data for surgery.



Service:

Prehab referrals: aim to contact within 2 working days

Rehab referrals aim to respond within 5 working days

Screening: DASI – to streamline into Universal, Targeted and Specialist interventions, Distress Thermometer.

Outcome Measures: Patient experience, STS30, Distress Thermometer, use of Dynamometer for grip or 6 minute walk if STS30 not possible.

Interventions:

Exercise:

Exercise programme using gym equipment, Home Exercise Programme, in process of setting up group and clinic in rural area from SFT to improve accessibility and ease burden of travel for patients.

Access to a free 12 session pass to Leisure Centre near them.

Access to weekly free swimming at the on site Leisure Centre at SFT

Wellbeing Group

Patients are followed up post op – access to rehab as they wish/as required

Major CRC surgery is in UHS – patients given choice to have Prehab with them or SFT.

Psychological Support:

All staff are trained in L2 Psychological support. Patients scoring 4 or above on the Distress Thermometer are flagged to Cancer Support Workers as they may need more psychological support. Clinical Psychology input to Prehab is included in recent fixed term post funded by SWAG.

Nutrition:

Universal advice delivered by Therapy team with access to Dieticians for specialist input if required.