

## Contact details

### Personalised Cancer Care Team

Richard Dimpleby Education Room, Level 6

Torbay and South Devon NHS Foundation Trust

Newton Road

TQ2 7AA

09:00 – 16:00

Mondays to Fridays (except bank holidays)

📞 **01803 656693** Answerphone available

✉️ [tsdft.cancerprehabilitationreferral@nhs.net](mailto:tsdft.cancerprehabilitationreferral@nhs.net)

🐦 @Torbaypersonal1

[www.torbayandsouthdevon.nhs.uk/services/cancer-support-services/prehabilitation-for-cancer/](http://www.torbayandsouthdevon.nhs.uk/services/cancer-support-services/prehabilitation-for-cancer/)

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

### Useful resources:

Macmillan leaflets available online or please ask for copy

- \* **Coping with fatigue (tiredness)**
- \* **Healthy eating and cancer**
- \* **Physical activity and cancer**

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## PATIENT INFORMATION

# Personalised Care Team Torbay and South Devon Prehabilitation

for Cancer

You are invited to take part in our  
Prehabilitation pilot.

Supporting you at the beginning of  
your cancer pathway to help improve  
your own health outcomes.

You are invited to take part in the new Torbay and South Devon (TSDFT) **Prehabilitation** for Cancer pathway. This is a pilot project designed to help you prepare for your future cancer treatment. Making a small number of changes now, can make a difference to the way in which you respond and recover from your cancer treatment.

### **What is Prehabilitation?**

Prehabilitation is a positive step in supporting you to prepare for treatment by promoting healthy behaviours. It is a programme of **support** and **advice**. It can help with:

- Moving more and being as active as possible
- Looking after your diet by eating well
- Keeping hydrated by drinking enough fluids, especially water
- Your emotional wellbeing

We can also support you to stop smoking and reduce your alcohol consumption as this will also help while you're having treatment, with your recovery, as well as improving your overall health.

### **Benefits of Prehabilitation**

Benefits may include:

- Reduced treatment side effects
- Improvements in your mood and reducing anxiety
- Better energy levels
- Enhancing your quality of life

Some people report improvement within as little as two weeks.

### **Torbay and South Devon Prehabilitation for Cancer Pilot**

TSDFT Prehabilitation for Cancer aims to provide access to personalised **exercise** advice, **nutritional** support and **psychological** well-being interventions provided by health care professionals and exercise specialists trained to work with patients who have cancer.

Prehabilitation helps to build resilience to treatment by reducing some of the common side effects, and improving your long-term health. Led by a Personalised Care Occupational Therapist and Nurse, the pilot is initially being offered to a small group of patients with a diagnosis of lung, prostate or head and neck cancer.

**What will it involve?** Discussions with health care professionals and access to interventions that are **important to you**, promoting physical and psychological wellbeing. There are opportunities for meeting one to one, face to face or online and planned group work to develop peer to peer support. We encourage you to bring a friend or family member.

**Exercise** It is important to be as active as possible as this keeps your heart and lungs strong and will help your body cope better with any current or future treatments. Any activity that makes you feel slightly out of breath is beneficial. If you are already active, continue as you are, or if you feel able, do a little more. If you are not currently very active or feel you could do more, this is the perfect time to start. Reduced movement adversely affects muscle tone which can affect strength and balance. A combination of strength and cardiovascular exercise can help you to feel stronger, fitter and more confident.

**Psychological Support** There is no right or wrong way to feel when you have a cancer diagnosis, and different feelings can show up throughout your cancer pathway. What is perhaps most important is to acknowledge how you are feeling and do the best you can to be kind and compassionate to yourself. Each person is different, so it is good to find out what will support you best with whatever particular worries or challenges you meet along the way.

**Nutritional support** Eating a variety of foods from all food groups is beneficial to overall health and wellbeing. This may help you to cope with the symptoms and side-effects of cancer and cancer treatments. As part of the programme you will be advised on ways in which to improve your diet.