



Primary Care Cancer Prehabilitation in Wales 2025



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Introduction

- Prehabilitation in secondary care:

IMPROVING CANCER CARE BEFORE TREATMENT EVEN STARTS

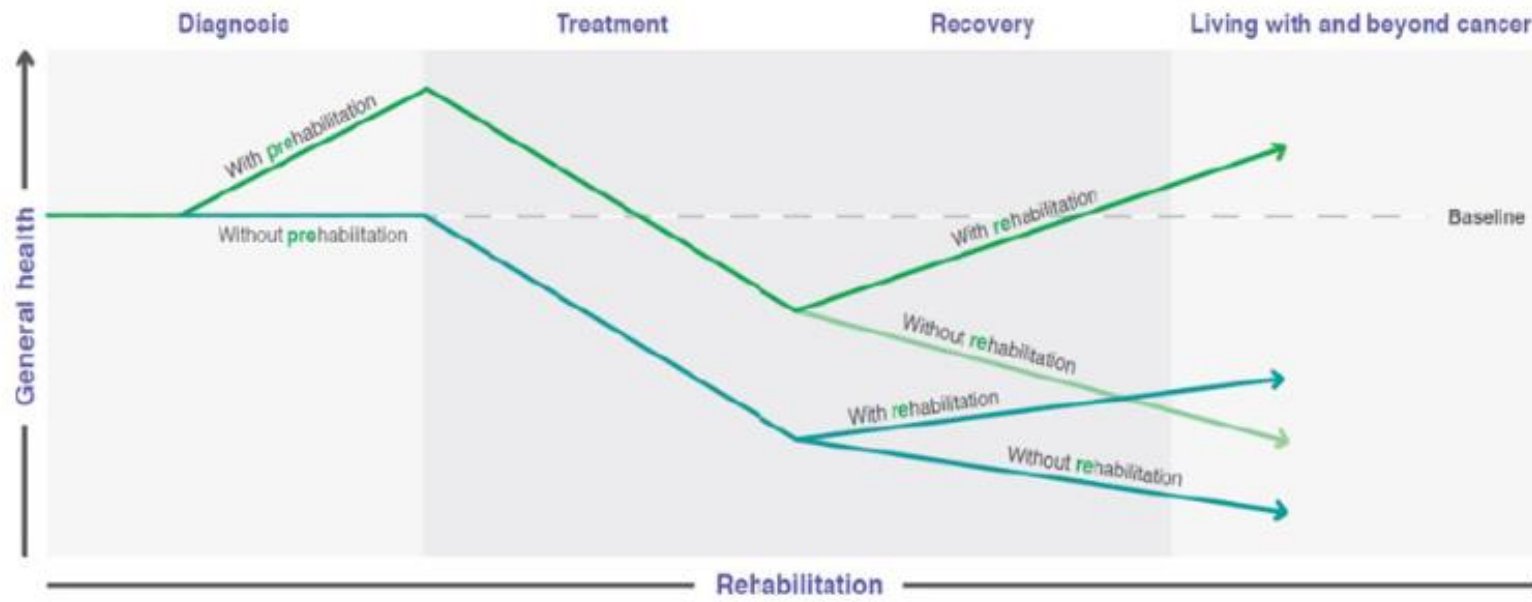
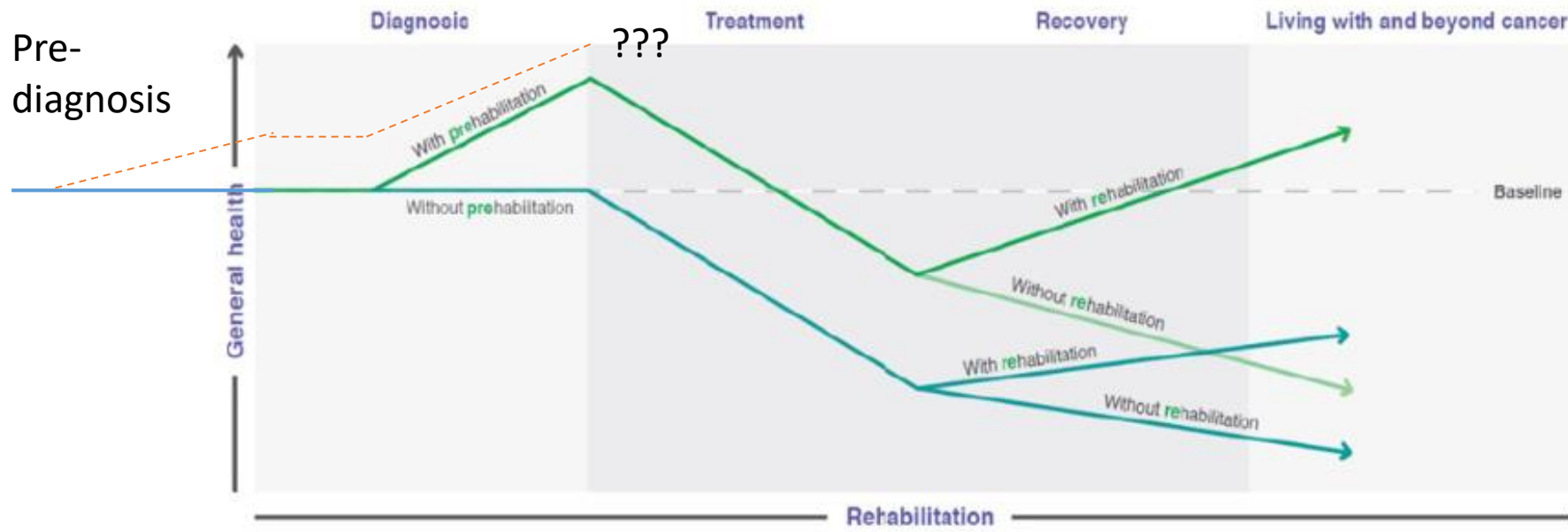


Diagram source Macmillan

Bringing prehabilitation forward

- Prehabilitation in primary care:

IMPROVING CANCER CARE BEFORE TREATMENT EVEN STARTS



- ? Primary prevention also

What is happening across Wales?

• Cardiff and Vale

- First to offer prehabilitation in primary care
- Service started in South West Cluster in 2020
- Open to all patients referred on USC pathway with exception of breast <70 years, skin and haematological malignancies

• Model

- GP refers to prehab service
- First appointment with pharmacist – medication review and review of blood results
- Second appointment with prehab practitioner for nutrition, smoking, exercise, mental health and wellbeing support

• Challenges – GP referrals

- Solution – prehab team identifying patients – IG issues led to service suspension
 - Currently primary care can refer but numbers low
- Evaluation of service in progress at present



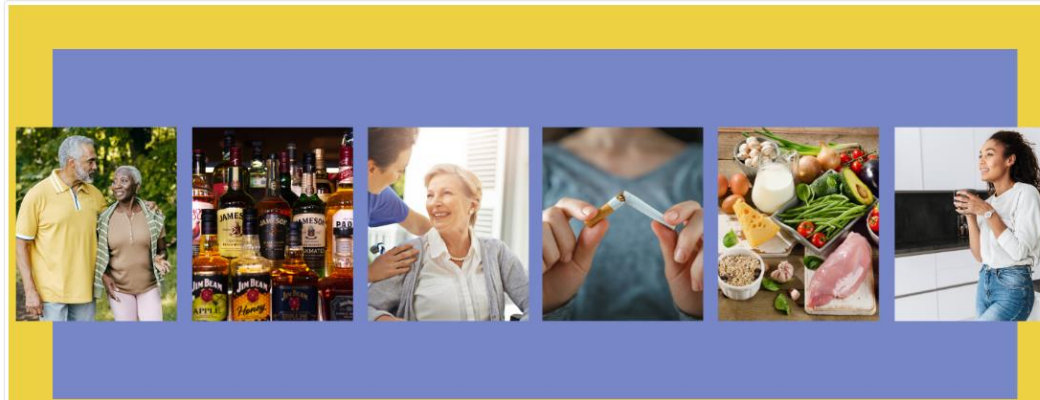
What is happening across Wales?



- **Betsi Cadwaladr**

- No Primary care prehab offering at present
- Funding a challenge to developing new services
- Secondary prehab is expanding and there is a universal prehab website which offers general advice:

Preparing yourself for cancer treatment -
prehabilitation



What is happening across Wales?



• Powys

- Nil specific to primary care
- The Improving the Cancer Journey Programme in Powys have an AHP Lead, Jane Spivey, now who's remit is to develop access, for people living with cancer in Powys, to resources which align with prehab2rehab.
- Funding challenges
- Online universal offering to be developed

Improving the Cancer Journey in Powys

Powys Teaching Health Board and Powys County Council are working in partnership with Macmillan Cancer Support on a programme called "Improving the Cancer Journey in Powys" (or ICJ).

The aim of the programme is to ensure that **everyone living with cancer** in Powys gets the best help and support to live their life as fully as they can, by providing them with the practical, physical, emotional, spiritual, and social support they want or need so they can achieve what matters most to them.

Cancer is classed as one of [the Big 4 diseases](#) within the [Powys Health and Care strategy](#). In Powys, just under a thousand people are diagnosed with cancer every year. With improvements in cancer care, treatment and drugs, it is now often the case that

A poster titled "IMPROVING YOUR CANCER JOURNEY IN POWYS". It features a photograph of a young girl hugging an elderly woman. The poster contains two text boxes: a green one on the left and a blue one on the right. Below the text boxes, it says "To find out more or get involved contact:" followed by "Improving the Cancer Journey (ICJ) Macmillan Communications and Engagement Lead" and the email address "ICJPowys@powys.gov.uk".

IMPROVING YOUR CANCER JOURNEY IN POWYS

If you are living with cancer, we want you to be able to live your life as fully as you can, by offering you practical, physical, emotional, spiritual and/or social support so you can achieve what matters most to you.

We want to involve you, listen to you and find out what matters most to you so that together we can develop support services that meet your needs.

To find out more or get involved contact:

Improving the Cancer Journey (ICJ) Macmillan Communications and Engagement Lead
ICJPowys@powys.gov.uk

What is happening across Wales?

- **Aneurin Bevan**

- Universal app available but no prehab funded for primary care



The screenshot shows the website header for GIG CYMRU NHS WALES (Aneurin Bevan University Health Board). The main navigation includes 'Skip Navigation', 'Accessibility Statement', 'Contact Us', and 'Cymraeg'. A search bar is present with the text 'All...' and a search icon. The breadcrumb trail reads: Home > A-Z of Services > Cancer Services > Getting Ready for your Cancer Treatment.

The main content area features the title 'Getting ready for your cancer treatment' with a 'Recite' button. Below the title is a large banner image with the text 'Getting ready for your cancer treatment' and a 'BALANCED DIET' sign. The banner also includes images of a woman smiling, a woman on a bicycle, and a glass of whisky.

The left sidebar contains a menu with the following items: Cancer Services (dropdown), Our Teams (arrow), Reducing Your Risk (arrow), Signs and Symptoms, Home, About Us (dropdown), Health Advice (dropdown), Urgent Help (dropdown), Service Information (dropdown), News (dropdown), Vaccinations (dropdown), Jobs (external link), Clinical Futures (dropdown), Understanding your diagnosis, Getting Ready for your Cancer Treatment (dropdown), and Nutrition and Diet.

What is happening across Wales

- Hywel Dda??
- Cwm Taf Morgannwg
 - No primary care prehabilitation developments

What is happening across Wales?



- **Swansea Bay**
- Pharmacist led prehabilitation clinics at the Rapid Diagnostic Centre
 - Running since September 2022
 - Over 700 patients now seen
 - 52 week service
 - Medication and lifestyle advice through upskilling of pharmacists
 - Early evaluation reports:
 - 100% patients had positive experience at the clinic
 - 97% felt that the pharmacist helped them to understand their medication
 - 91% felt that they better understood the benefits of exercise after their appointment
 - 16% planned to reduce or stop smoking after their appointment
 - Now also identifying frailty and referring to cancer specific frailty appointment if appropriate
 - Cost savings through medication changes

What is happening across Wales?



- **Swansea Bay (work in development)**

- Prehabilitation Educational Videos (All Wales)
- For all patients referred on urgent suspected cancer pathway including those picked up through screening
 - Content for 5 videos scripted and agreed with National prehabilitation group
 - Your urgent suspected cancer referral
 - Managing anxiety while waiting for your urgent referral
 - Nutrition
 - Physical Activity
 - Lifestyle
- Videos in production at present
- Current scoping on video hosting/dissemination/evaluation

What is happening across Wales?



- **Swansea Bay**

- Prehabilitation webinars

- Webinars to be hosted for patients who have been referred on a USC pathway to cover referral process and optimisation
 - Fortnightly webinar to be hosted by Prehabilitation team
 - Webinars exist for long-covid service and will follow similar model
 - Content has been agreed and will be aiming to be running in Spring 2025

Summary

- All Wales health optimising videos launching this year
- Secondary care prehabilitation work in all health boards
- If webinars successful could be expanded to broader audience
- Primary prevention as well as optimising so should be prioritised



Questions??

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