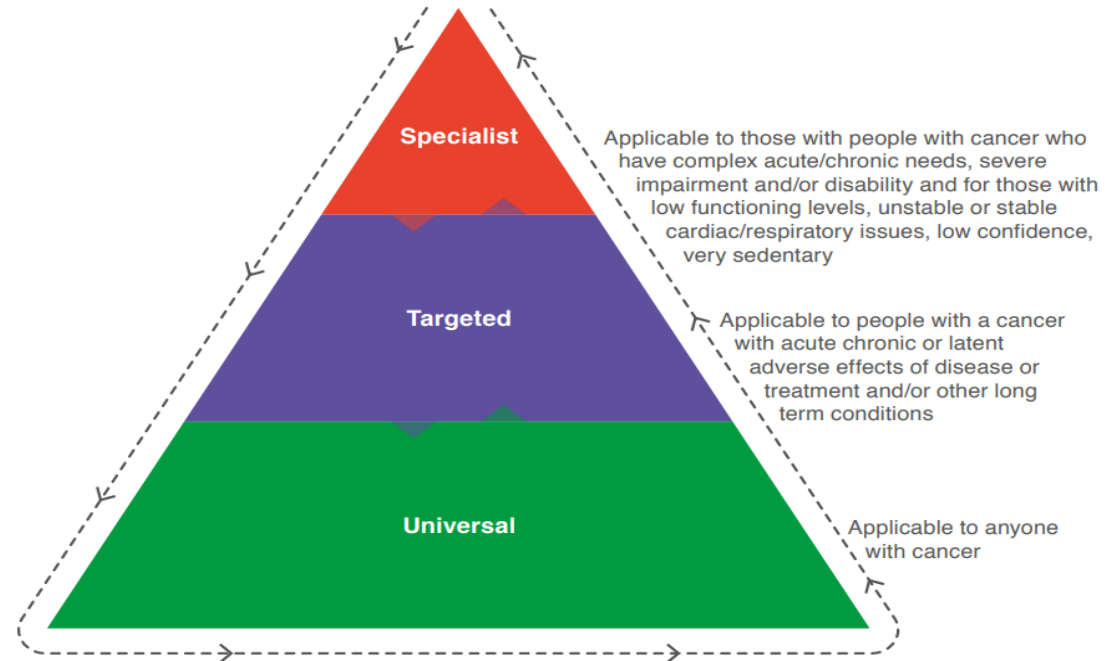
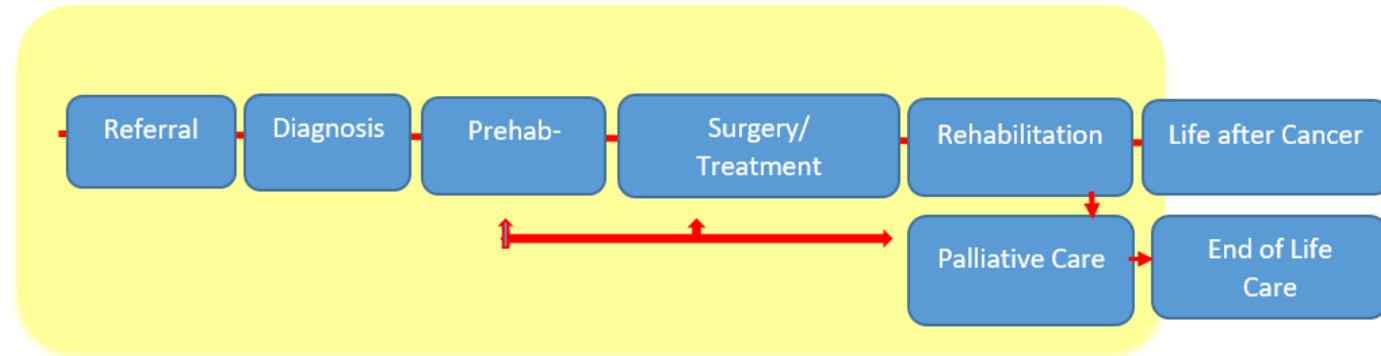


Prehabilitation – getting ready for cancer care



National Principles

- Should start as early as possible
- Should not affect waiting times
- Should be multi-modal
- Screening needed to determine level
- Screening recorded at MDT
- Use of validated tools for higher levels of need
- All patients receive a Personalised Plan that has been co-produced



Next Steps for 2024



NCA sponsoring learning around prehabilitation

- Leads and managers - 15th February
- Staff around higher levels of prehab – Summer 2024
- NCA Prehabilitation Community of Practice – a space to share ideas and learning, contact amy.anderson8@nhs.scot for more information
- 27th March, 23rd May, 4th September