Cancer Prehabilitation: National Update

Prehab & Primary Care

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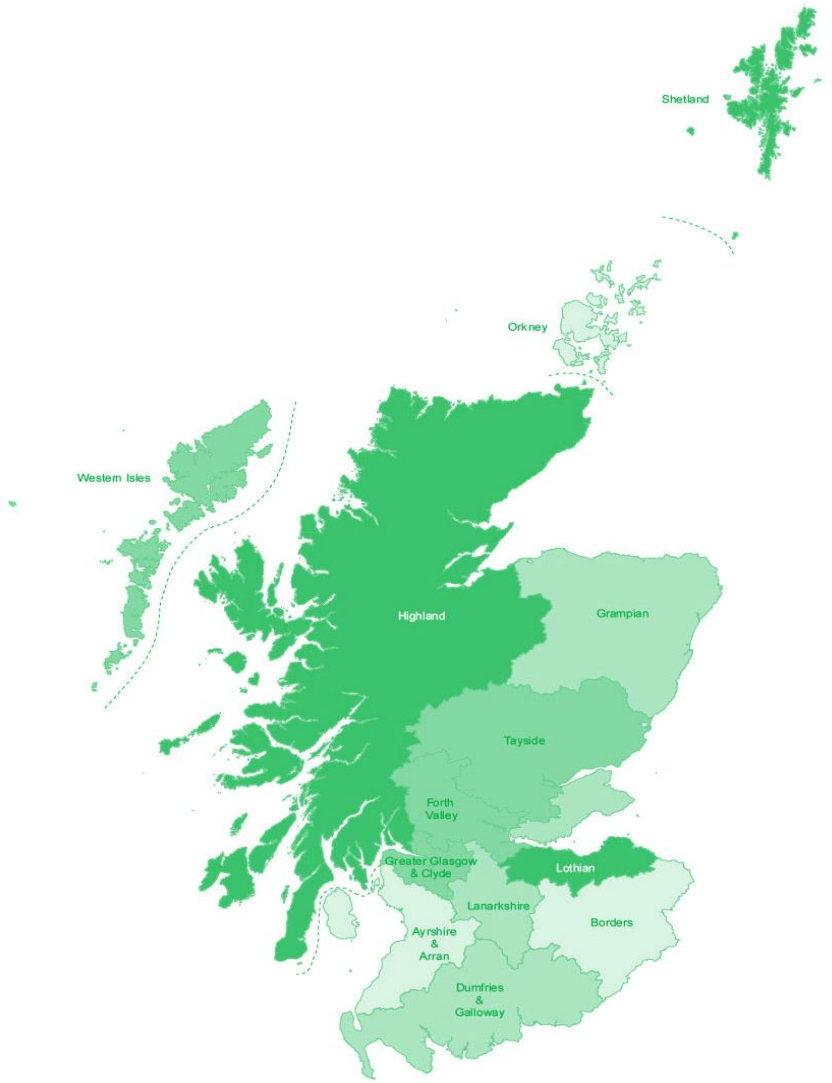
30th September 2025



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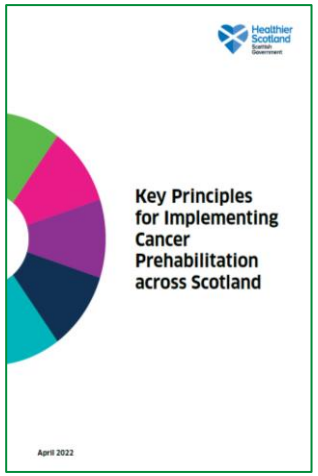
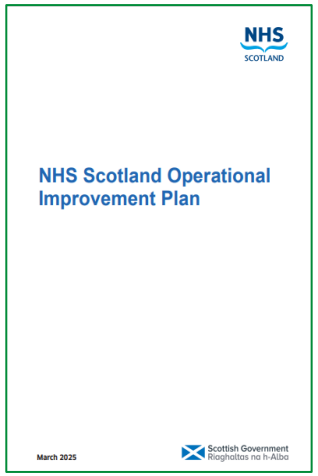
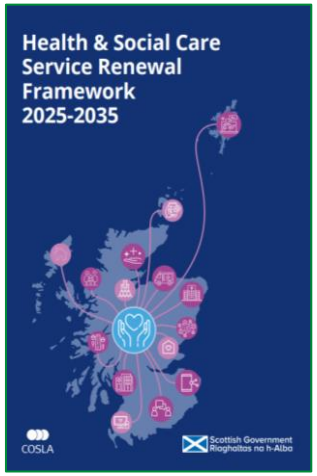
Cancer Prehab In Scottish Context



Cancer Prehabilitation





Ambition

Ambition 3: Best Preparation For Treatment ("Pre-Treatment")

Our 10-year vision

Every person diagnosed with cancer in Scotland is provided with timely, effective and individualised care to best prepare them for treatment. This begins with prehabilitation and holistic needs assessment, and continues throughout the individual's pathway of care, including appropriate follow up. A comprehensive range of cancer genomic tests is available to all those who could benefit.

Accessible

Standard of care

Equitable

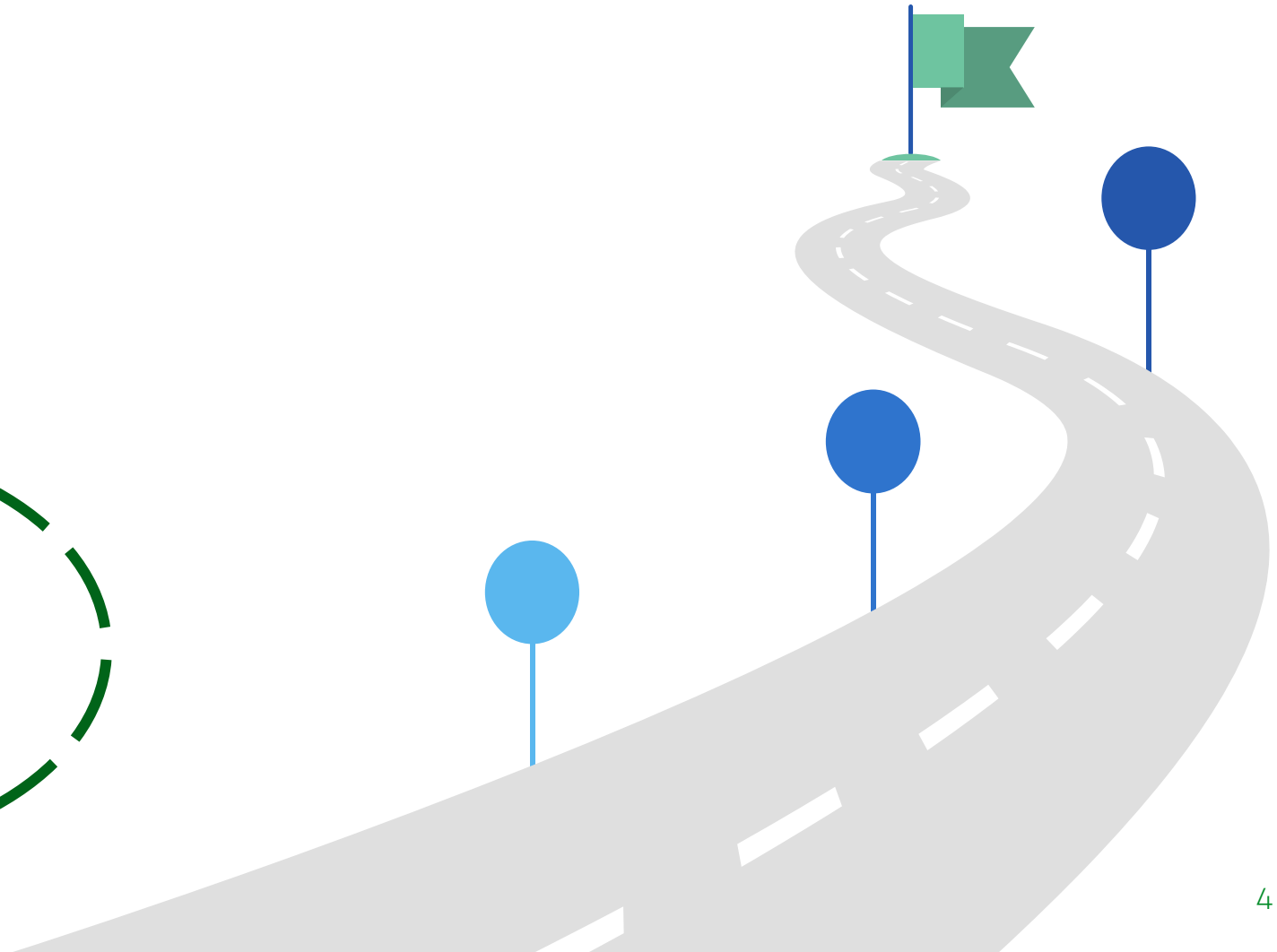
National Priorities

RESEARCH

TEMPORARY
FUNDED PROJECTS

IMPROVEMENT

SUSTAINABILITY



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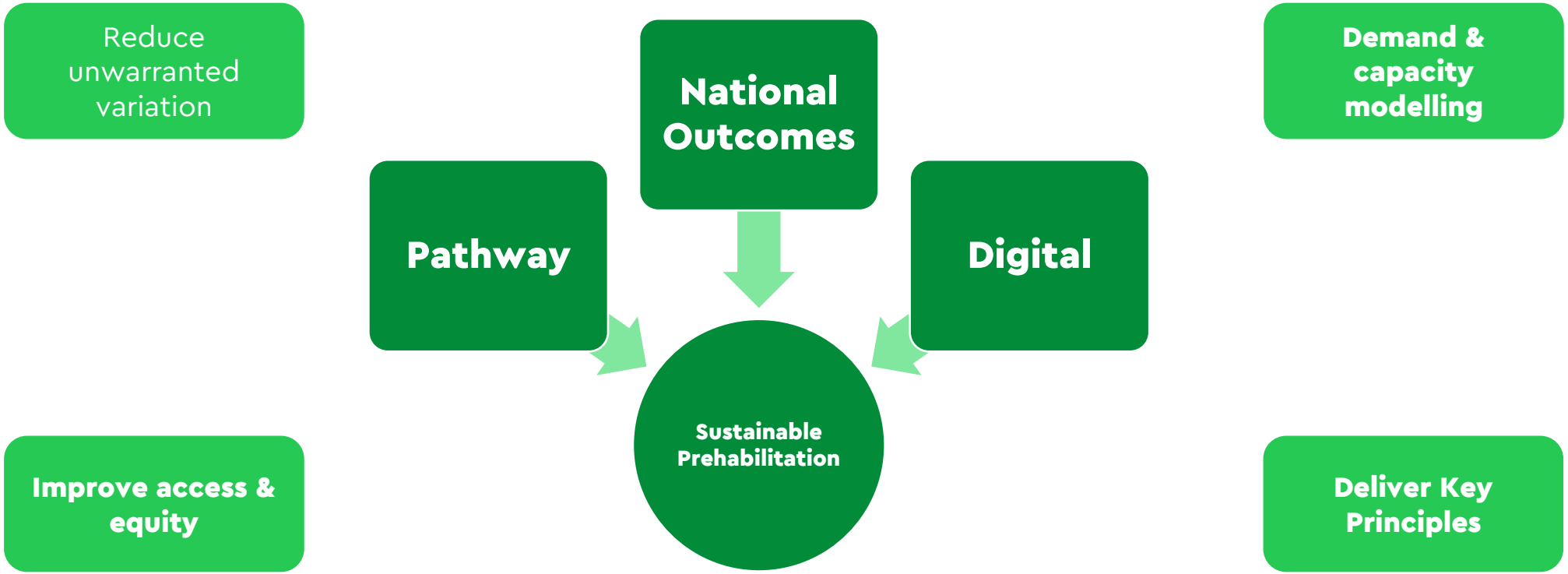
National Priorities



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Pathway


Multimodal Screening
Low risk
Medium/high risk
Needs-Based Assessment
(Targeted/Specialist)
Evaluation
Targeted/ Specialist
Prehabilitation Intervention
Monitoring

Delivering The Key Principles

Scottish Government
Riaghaltas na h-Alba
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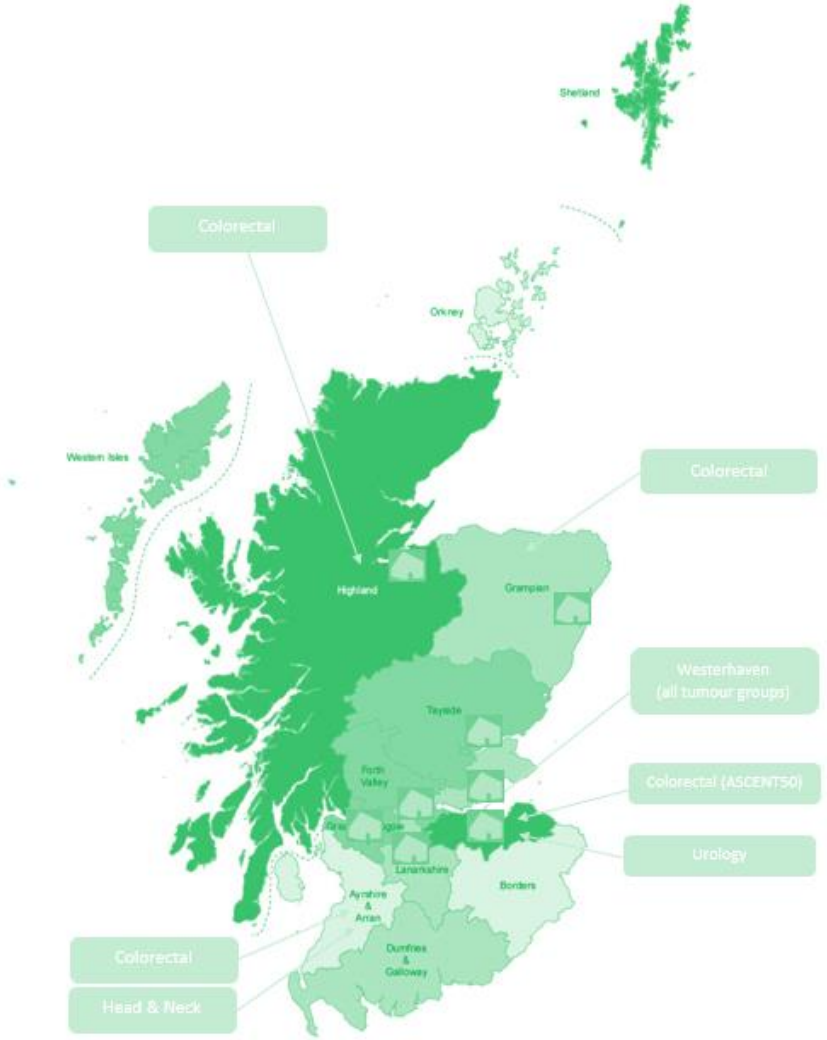
Summary of Key Principles:

1. Prehabilitation should start as early as possible and in advance of any cancer treatment
2. Prehabilitation should run in parallel with usual decision making processes so it does not have an adverse effect on cancer waiting times nor delay the start of treatment
3. Prehabilitation should be part of the rehabilitation continuum
4. Prehabilitation should be multi-modal including exercise/activity, nutrition and psychological support
5. All patients should be screened to determine the level of prehabilitation required (universal, targeted, specialist)
6. Completion of prehabilitation screening should be recorded at MDT alongside performance status
7. Targeted and specialist interventions demand the use of validated tools for individualised assessment, care planning and outcomes measurement
8. All patients should have a co-produced personalised prehabilitation care plan

National Prehab Screening Pilot

- Aim: to test the feasibility and acceptability of screening as part of the cancer prehabilitation pathway using a national multimodal prehabilitation screening toolkit.
- 7 pilot teams: colorectal, head & neck, urology, cancer care community centre
- Local level implementation design
- All 3 pillars >60% screened at universal level*

(* small numbers (n=168), not representative of all tumour groups)



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Service User Feedback

Screening is absolutely necessary and something we had been looking at in our own pathway anyway, so we welcomed testing a national tool. We would like to make this standard practice in our pathway.

- Clinician

I had no problem answering the questions. I was in shock about being told I had cancer but it was explained to me that answering questions was necessary to help me be as fit and prepared as I could be for what was to come. The consultant had also told me how important this was so I had no issue if it was going to help me.

- Patient

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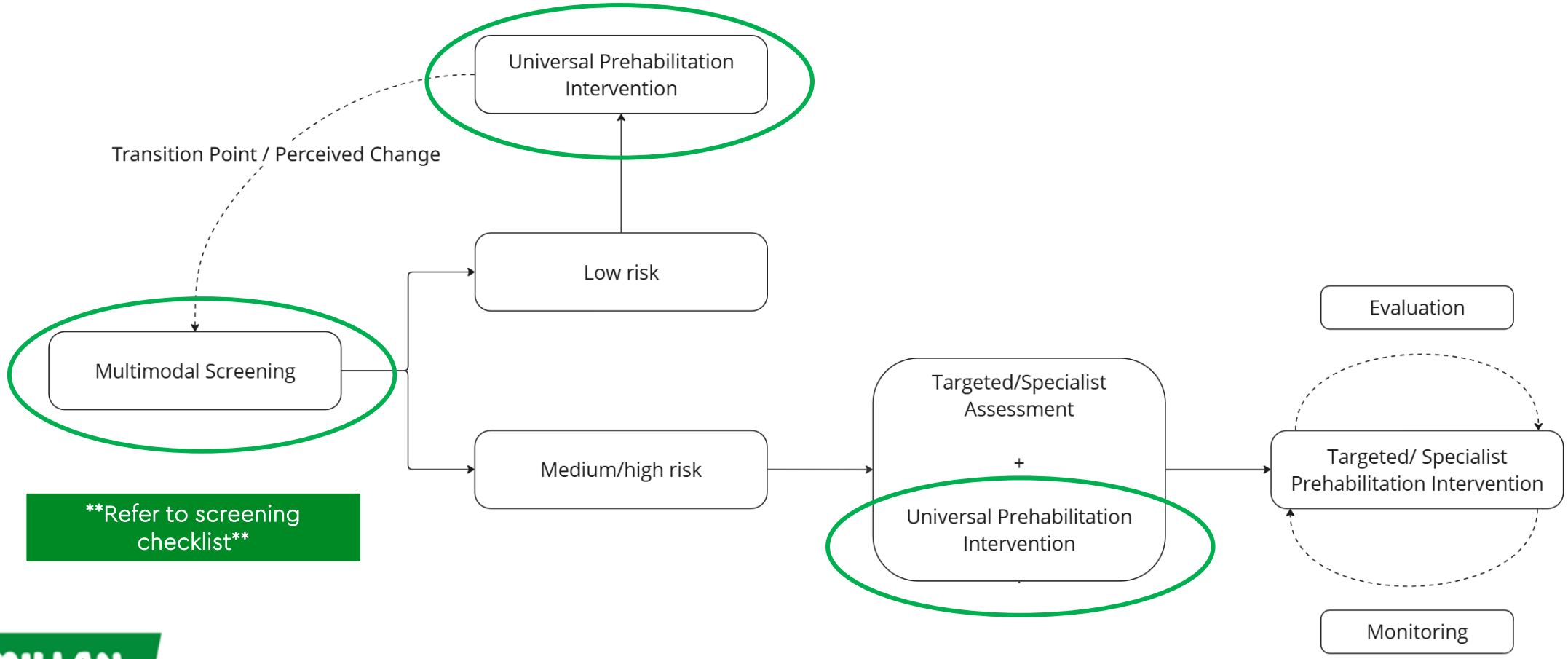
Refined Pathway



Screening Checklist

All patients signposted to national prehabilitation website (universal prehabilitation)

All patients referred to universal prehabilitation workshops

- Maggie's and/or local equivalent delivery

All patients referred to Improving Cancer Journey (ICJ) team (if not already)

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Next Steps - National

- Embed 'blueprint' in clinical pathways
  - Implementation
  - Standard practice
- Development of prehabilitation pathway toolkit
  - Right Decisions Service (RDS) collaboration
  - Digital screening resource
- Improve digital screening process
- National minimum core data set development

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Prehabilitation & Primary Care (Scotland)

- Primary Care representation (GP) on national Cancer Prehabilitation Oversight Group (CPOG)
- Cancer Prehabilitation included in updated Scottish Cancer Referral Guidelines
- Gateway-C
- Embedding existing frameworks that reference cancer prehabilitation irrespective of sector

Scottish Government
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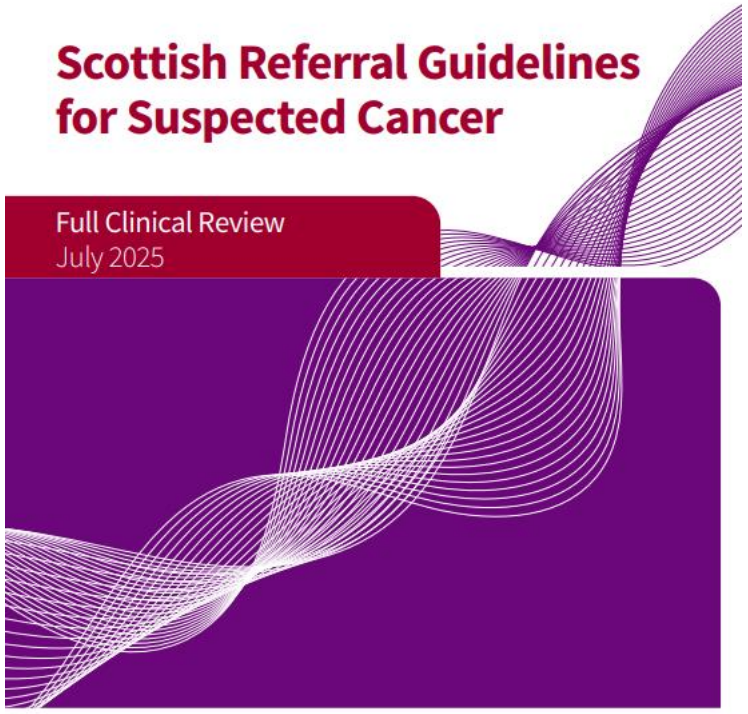

CANCER RESEARCH UK
SCOTTISH PRIMARY CARE CANCER GROUP
Healthcare Improvement Scotland
Centre for Sustainable Delivery
NHS SCOTLAND

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Prehabilitation & Primary Care (Scotland)

- Recognition Primary Care have important role
- Prehab conversations happening without being labelled
    - Making every contact count
    - Waiting Well
- Examples of practice: Wester Hailes/Westerhaven referral
- Primary Care & universal prehabilitation
    - Signpost to national prehab website?
    - Timing

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Thank you

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