



Prehabilitation for people with cancer

Clinical and implementation guidelines

Acknowledgements

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Prehabilitation guidelines review steering group

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Prehabilitation guidelines review steering group

Participant	Role	Organisation
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Exercise group

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Nutrition group

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Behaviour Change and Technology group

Participant	Role	Organisation
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Psychological Support group

Participant	Role	Organisation
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Health Economics and Business Case group

Participant	Role	Organisation
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Prehabilitation Implementation group

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Prehabilitation Implementation group

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Consultation Stage 1 – Definitions and Research Questions

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Consultation Stage 1 – Definitions and Research Questions

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Consultation Stage 1 – Definitions and Research Questions

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Denny Levett	Professor of Perioperative Medicine and Critical Care	University Hospital Southampton NHS Foundation Trust
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Malcolm West	Assistant Professor Colorectal Surgery and Prehabilitation Medicine	University of Southampton
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Consultation Stage 1 – Definitions and Research Questions

Participant	Role	Organisation
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Katie Taylor English	Dietitian	Royal Marsden Hospital Sutton
Gemma Chilvers	Specialist Prehabilitation Physiotherapist	The Royal Marsden Hospital NHS Foundation Trust
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Consultation Stage 1 – Definitions and Research Questions

Participant	Role	Organisation
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Consultation Stage 1 – Definitions and Research Questions

Participant	Role	Organisation
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Honor Blackwood	Specialist Dietitian	NHS Forth Valley
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Consultation Stage 1 – Definitions and Research Questions

Participant	Role	Organisation
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Isla Veal	Macmillan Cancer Highly Specialist Physiotherapy	Guy's and St Thomas' NHS Foundation Trust
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Margaret Greer	Strategic Partnership Manager	Macmillan Cancer Support
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Consultation Stage 1 – Definitions and Research Questions

Participant	Role	Organisation
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Jo Bird	Nurse Consultant	Sheffield Teaching Hospitals NHS Trust
Anna Myers	Senior Research Fellow	Sheffield Hallam University
Faye Dickinson	Cancer Rehabilitation Ambassador	Guy's and St Thomas' NHS Foundation Trust
Bernhard Riedel	Clinician and Researcher	Peter MacCallum Cancer Centre, Australia
Belinda Phillips	Director of Anaesthesia – Perioperative Medicine	Monash Health, Melbourne Australia
Denise Calder	N/A	N/A
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Jonnie Raynes	SWAG Cancer Alliance Psychological Pathway Lead	University Hospitals Bristol and Weston NHS Trust
Alison Allan	Maggie's Prehabilitation Project Lead	Maggie's Fife
Eilidh Wilson	Cancer Support Specialist Maggie's (delivering prehabilitation)	Maggie's Highlands
Myra McAdam	Consultant Anaesthetist/ Regional Clinical Lead Prehabilitation West of Scotland Cancer Network	NHS Greater Glasgow and Clyde
Rose Marshall	Clinical Specialist Occupational Therapist	Guy's and St Thomas' NHS Foundation Trust
Lorna Porteous	GP Lead for Cancer and Palliative Care NHS Lothian	NHS Lothian

Consultation Stage 1 – Definitions and Research Questions

Participant	Role	Organisation
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George Pinnington	Living With and Beyond Cancer CNS	The Royal Wolverhampton NHS Trust
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Consultation Stage 1 – Definitions and Research Questions

Participant	Role	Organisation
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Katie Booth	Specialist Oncology Physiotherapist	NHS Greater Glasgow and Clyde
Felicity Gibbons	Clinical Psychologist	East Midlands Cancer Alliance Centre for Psychosocial Health
Sachintha Hewage	Higher Clinical Fellow	Addenbrookes NHS Trust
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Rachel Lewis	Allied Health Professional Cancer Lead	Hywel Dda University Health Board
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Consultation Stage 2 – Recommendations

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Abby McCarthy	Specialist Sarcoma Physiotherapist	Royal National Orthopaedic Hospital
Lindsay Charlesworth	Advanced Therapist Practitioner	Oxford University Hospitals NHS Foundation Trust
Sahra Jalali	Clinical Lead Therapist – Oncology	Barts Health
Jayne Masters	Cancer Specialist Physiotherapist	North Bristol NHS Trust (acute provider)
Nikki Dent	Physiotherapist	University Hospitals Sussex
Honor Blackwood	Specialist Dietitian	NHS Forth Valley/Strathcarron Hospice
Cliff Shelton	Consultant and Professor in Anaesthesia and Perioperative Medicine	Wythenshawe Hospital/Lancaster University
Michelle Chody	Physiotherapist	Royal Free Hospital
Sarah Neate	Macmillan Physiotherapist and Joint Team Lead for the Macmillan Personalised Care Team	Great Western Hospital
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Neil Bibby	Macmillan Senior Specialist Dietitian	Manchester University Hospitals NHS Foundation Trust
Sarah Lowry	Macmillan Clinical Prehabilitation Project Manager	Northern Health and Social Care Trust
Douglas Rigg	GP/GP Cancer Lead	Greater Glasgow and Clyde
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Alex King	Head of Clinical Health Psychology, Hillingdon Hospital	The Hillingdon Hospitals NHS Foundation Trust
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Consultation Stage 2 – Recommendations

Participant	Role	Organisation
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Rachel Brown	Prehabilitation Clinical Lead	Surrey and Sussex Cancer Alliance
Sarah Houghton	Senior Lead for Prehabilitation/Physical Activity Project – Senior Programme Manager	Cheshire and Merseyside Cancer Alliance
Dinah Coggon	LWBC Programme Manager	West Yorkshire and Harrogate Cancer Alliance
Samantha Tordesillas	Senior Programme Manager – Personalised Cancer Care	South East London Cancer Alliance
Rachael Catherine Barlow	Clinical Lead Prehabilitation	Cardiff and Vale University Health Board
Gemma Kindness	Advanced Physiotherapist	Newcastle upon Tyne Hospitals
Tanya Mulvey	Transformation Manager	Cheshire and Merseyside Cancer Alliance
Lindsay Topping	Prehabilitation Dietitian	Northern Health and Social Care Trust
Kelly Wade-McBane	Macmillan Head and Neck Cancer Dietitian	Imperial College Healthcare NHS Trust
Ione Ashurst	Head Therapy and Rehabilitation	The Royal Marsden NHS Foundation Trust
Sophie Augarde	Clinical Psychologist	Royal Cornwall Hospital Trust
Tessa Renouf	Macmillian Nurse Clinical Adviser SACT	Macmillian Cancer Support
Hannah Furness	Band 8a Oncology Physiotherapist	Royal Marsden Hospital
Ruth McIlroy	Cancer Prehabilitation Project Lead	Belfast Health and Social Care Trust

Consultation Stage 2 – Recommendations

Participant	Role	Organisation
Gemma Chilvers	Highly Specialist Physiotherapist – Prehabilitation	The Royal Marsden Hospital NHS Foundation Trust
Gail Phillips	Programme Manager Active Together South Yorkshire	Sheffield Hallam University
Zainab Noor	Psychologist	University College London Hospitals NHS Foundation Trust
Claire Coysh	Clinical Psychologist/ Psycho-oncology Lead	Torbay and South Devon NHS Foundation Trust
Alice Clarkson	Policy and Health Improvement Manager	Pancreatic Cancer UK
Heather MacKinnon	Prehabilitation Clinical Service Lead	University Hospitals of Leicester
Johnstone Shaw	Trustee Bladder Cancer Patient	Fight Bladder Cancer UK
Helen Ross	Active Together South Yorkshire Sustainability Manager/Physiotherapist	Sheffield Hallam University
Margaret Greer	Programme Lead (Scotland)	Macmillan Cancer Support
Vishal Patil	Consultant Anaesthesiologist	Cambridge University Hospitals NHS Foundation Trust
Gemma Wall	Consultant Clinical Neuropsychologist	University Hospitals of North Midlands
Ella Sexton	Senior Clinical Psychologist	Peter MacCallum Cancer Centre
Louise Hebry	Dietitian	Royal Marsden Hospital
Jo Jethwa	Neuro-Oncology Physiotherapist	Royal Marsden Hospital
Lisa Heaton-Brown	Consultant Clinical Psychologist	Betsi Cadwaladr University Health Board
Christopher Gaffney	Senior Lecturer in Integrative Physiology	Lancaster University
Beth George	Principal Clinical Psychologist	University Hospital Southampton
Lauren Blackburn	Lead Occupational Therapist	Royal Marsden Hospital
Mary Phillips	ACP – HPB Surgery (Dietitian)	Royal Surrey NHS Foundation Trust
Carol Keen	Consultant Physiotherapist	Sheffield Teaching Hospitals
Connor Henry	Prehabilitation Physiotherapist	Northern Health and Social Care Trust

Consultation Stage 2 – Recommendations

Participant	Role	Organisation
Georgina Richmond	Cancer Rehabilitation Occupational Therapist	King's College Hospital NHS Trust
Abigail Nickless	Dietitian	North Bristol Trust
Lisa Nguyen	Senior Physiotherapist – Prehabilitation Exercise Lead	Peter MacCallum Cancer Centre
Malcolm West	A/Prof Colorectal Surgery and Prehabilitation Medicine	University of Southampton
Su Durant	Clinical Lead SLT H&N	Manchester Foundation Trust
Orla Reddington	Allied Health Professional Lead/Urology Pathway Lead	South Yorkshire and Bassetlaw Cancer Alliance
Stefania Cavaliere	Advanced Nurse Practitioner	Oxford University Hospitals NHS Foundation Trust
Jamie Waterland	Post-Doctoral Research Fellow	Peter MacCallum Cancer Centre
Kate Davies	Clinical Psychologist	Worcestershire Acute Hospitals NHS Trust
Wendy Kimber	Insight Business Partner	Macmillan Cancer Support
Kelsey Knowles	Dietetic Assistant Practitioner Prehabilitation Team	Northern Health and Social Care Trust
Zoe Bristow	Physiotherapist – Clinical Project Manager	NHS South, Central and West
Alice Kershaw	Lower GI Surgical Dietitian	Guy's and St Thomas' NHS Foundation Trust
Felicity Gibbons	Principal Clinical Psychologist	East Midlands Cancer Alliance Centre for Psychosocial Health
Garry Tew	Professor of Clinical Exercise Science	York St John University
Emma Wheatfill	Programme Manager	Peninsula Cancer Alliance
Neil Agnew	Consultant Anaesthetist	Betsi Cadwaladr University Health Board, Wrexham Maelor Hospital
Vicky Wester	Delivery Lead – Living With and Beyond Cancer	Northern Cancer Alliance
Isla Veal	Macmillan Highly Specialist Cancer Physiotherapist	Guy's and St Thomas' NHS Foundation Trust
Jacqueline Thorogood	Highly Specialist Physiotherapist	Guy's and St Thomas' NHS Foundation Trust
Kath Malhotra	Personalised Care Clinical Lead	Royal Marsden Partners Cancer Alliance

Consultation Stage 2 – Recommendations

Participant	Role	Organisation
Christina Prickett	Clinical Psychologist	Peter MacCallum Cancer Centre
Helen Ainsworth	Specialist Oncology Physiotherapist	Guy's and St Thomas' NHS Foundation Trust
Anna Lagerdahl	Macmillan Consultant Clinical Psychologist	Great Western Hospitals NHS Foundation Trust
Katherine Whiteaway	Thoracic Surgery Physiotherapist	Guy's and St Thomas' NHS Foundation Trust
Helen Gregory	Macmillan Consultant Palliative Radiographer	North West Anglia NHS Foundation Trust
Jo Horton	Consultant Therapist, Allied Health Professional Lead for Cancer	Swansea Bay University Health Board
Justin Grayer	Consultant Clinical Psychologist	Royal Marsden Hospital
Charlotte Crowley	Policy and Evidence Manager	Leukaemia Care
Catherine Smith	Clinical Research Specialist Nurse	Cardiff and Vale University Health Board
Cathy Skea	Dietitian	Belfast Health and Social Care Trust
Jack Murphy	Prehab4Cancer Programme Manager	GM Active/GM Cancer
Christopher Allen	Cancer Support Programme Manager	World Cancer Research Fund
Catherine Sandsund	Physiotherapist	Royal Marsden NHS Foundation Trust
Joanne Peacock	Cancer Prehabilitation Highly Specialist Occupational Therapist	County Durham and Darlington NHS Foundation Trust
Kenny Butler	Strategic Lead Health and Wellbeing	ukactive
Amy Anderson	Macmillan Transforming Cancer Care Co-Ordinator for the North of Scotland Cancer Alliance	NHS Grampian
Joshua Tipple	Physiotherapy Lead Cancer Prehabilitation	Cardiff and Vale University Health Board
Nicola Peat	Consultant Physiotherapist in Clinical Exercise and Prehabilitation and Rehabilitation Services	Guy's and St Thomas' NHS Foundation Trust
Daniel Steffens	Director	Surgical Outcomes Research Centre (SOuRCe)

Consultation Stage 2 – Recommendations

Participant	Role	Organisation
Jane Hopkinson	Emerita Professor of Nursing and Cancer Care	Cardiff University
Sian Lewis	Macmillan Allied Health Professional Cancer Lead	Aneurin Bevan University Health Board
Anna Beaumont	Dietitian	Peter MacCallum Cancer Centre
Catherine Sinton	Clinical Nurse Consultant	Peter MacCallum Cancer Centre
Graciela Martinez-Palli	Doctor	Hospital Clínic Barcelona