

PRIMARY CARE OPTIMISATION OF PATIENTS REFERRED ON THE SUSPECTED CANCER

PATHWAY

DR GEMMA ECCLES
JO HORTON



INTRODUCTION



OLD NEWS: PREHABILITATION CONCEPT

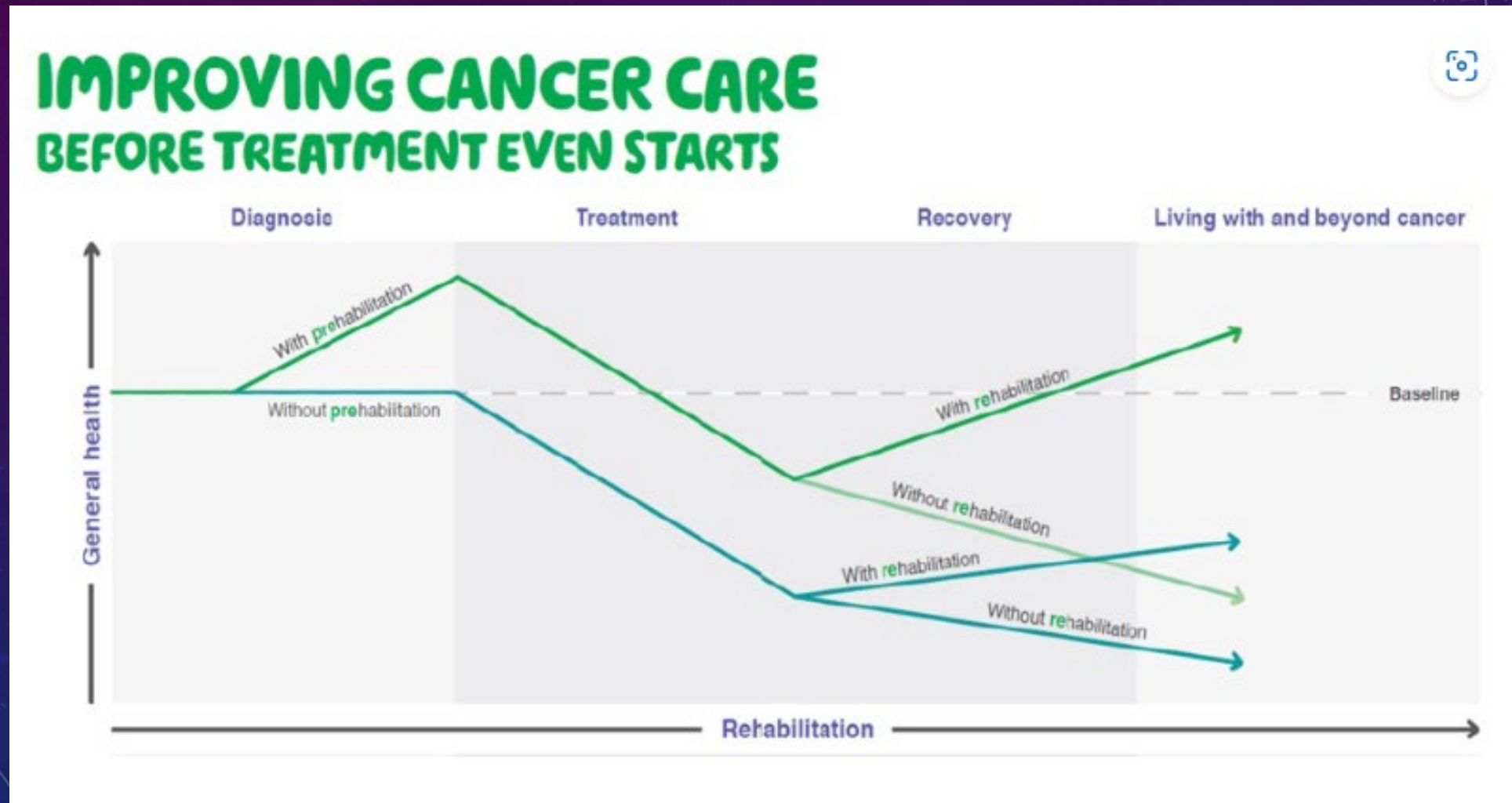
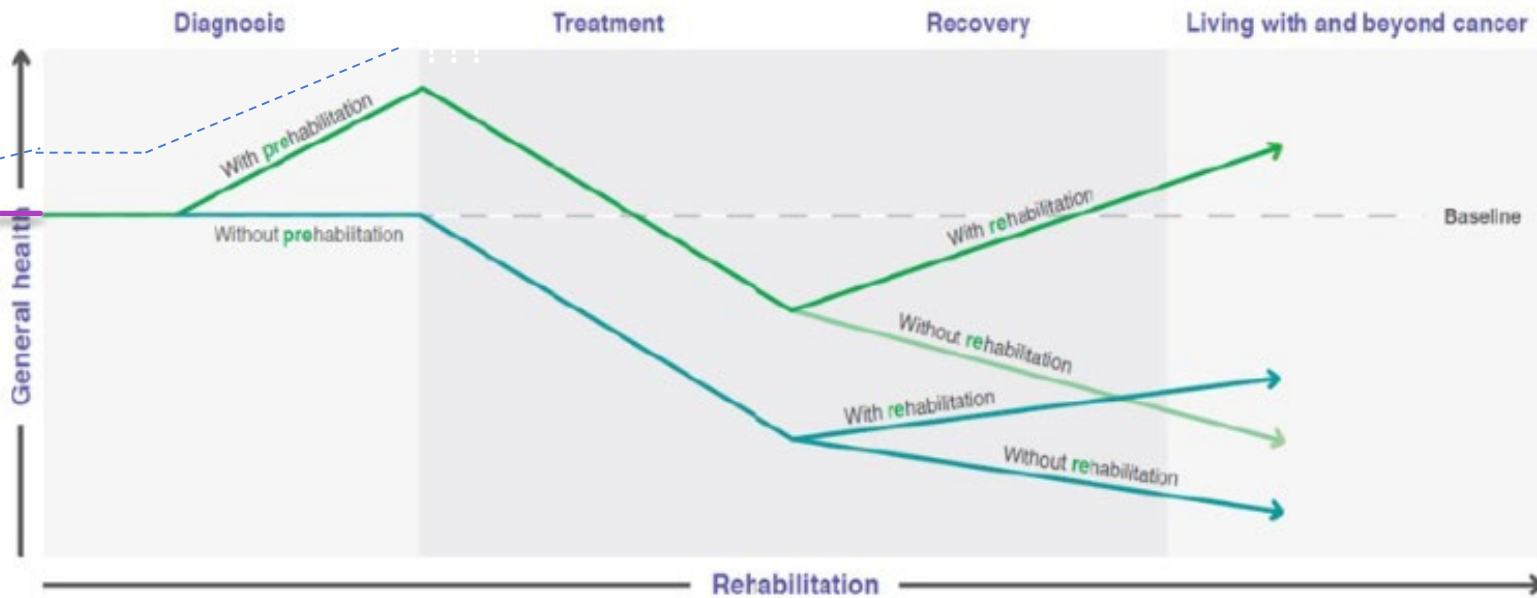


Diagram source Macmillan

SOMETHING NEW: BRINGING PREHABILITATION FORWARD

IMPROVING CANCER CARE BEFORE TREATMENT EVEN STARTS



- ? Primary prevention also

WHAT IS ALREADY HAPPENING?



- **Pharmacist led prehabilitation clinics at the Rapid Diagnostic Centre**
 - **Running since September 2022**
- **Medication and lifestyle advice through upskilling of pharmacists**
- **Now also identifying frailty and referring to cancer specific frailty appointment if appropriate**
- **Cost savings through medication changes**

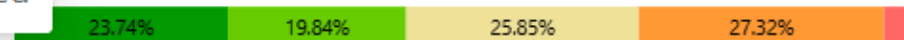
Cancer Prehabilitation - RDC

EQ-5D-5L

EQ-5D-5L Selected

1) Mobility

● I have no probl... ● I have slight ... ● I have moder... ● I have sever... ● I am unabl...



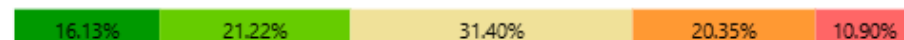
2) Self-care

● I have no probl... ● I have slight ... ● I have moder... ● I have sever... ● I am unabl...



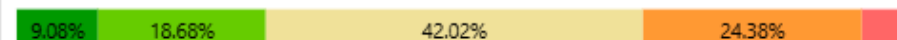
3) Usual activities

● I have no probl... ● I have slight ... ● I have moder... ● I have sever... ● I am unabl...



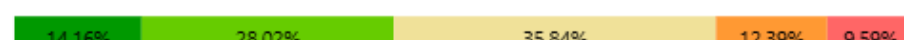
4) Pain / Discomfort

● I have no pain ... ● I have slight ... ● I have moder... ● I have sever... ● I have extr...



5) Anxiety / Depression

● I am not anxio... ● I am slightly a... ● I am moderat... ● I am severel... ● I am extre...

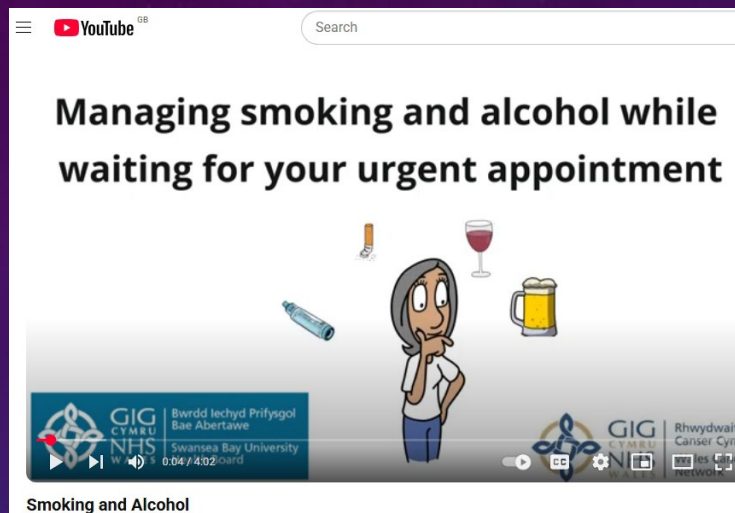


EQ5D5L - VAS



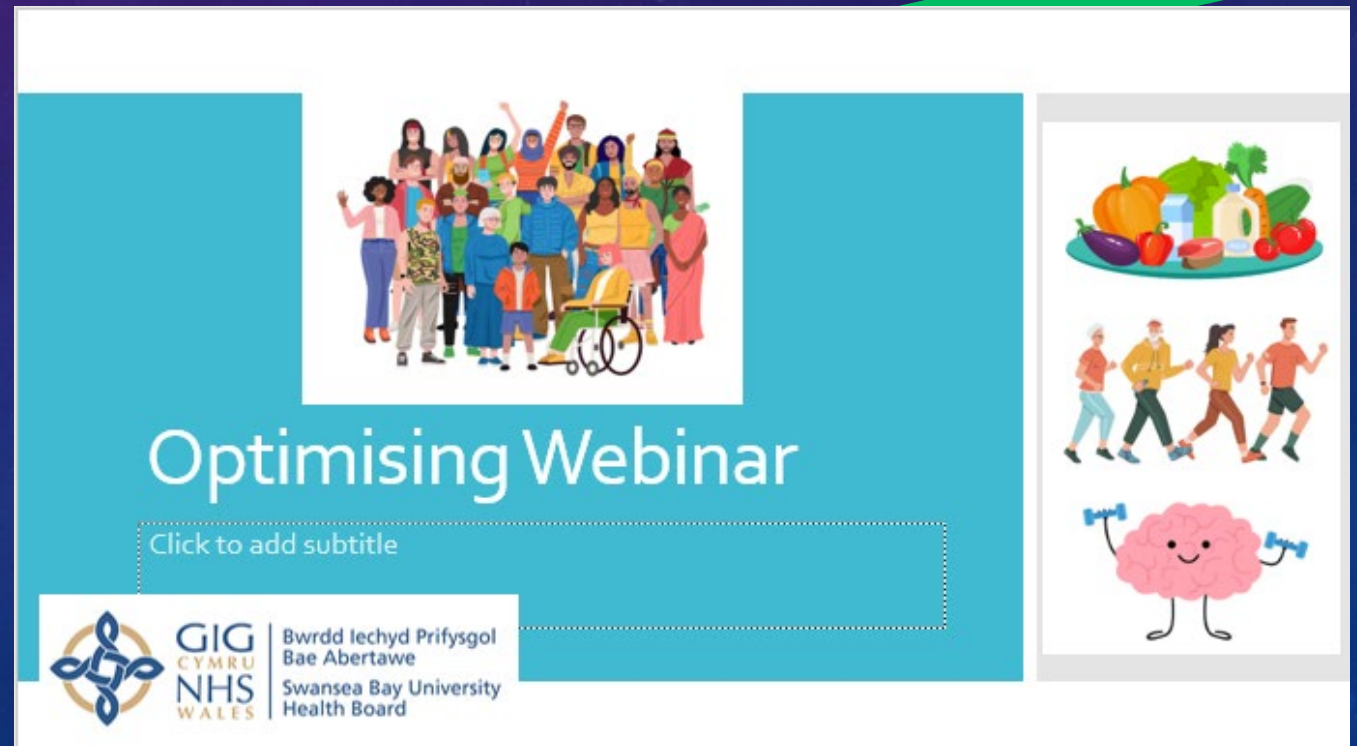
OPTIMISATION VIDEOS

- For patients referred on the USC pathway
 - From primary care
 - From secondary care
 - Through screening programmes
- 5 videos complete
 - Your USC referral
 - Diet
 - Physical Activity
 - Managing Feelings
 - Lifestyle – smoking and alcohol
- For Primary Care
 - Share link at the time of referral – suggest text template



USC pathway - Webinars

- Patients to be identified via cancer tracker and invited to attend webinar
- Fortnightly hosted by members of SBU prehab team
- Education around general health optimisation and the cancer pathway
- Opportunity for interaction and questions
- Group consultation element
- Supported by ELC
- Launching 2026



OPPORTUNISTIC OPTIMISATION

- Weight
- Anaemia
- Blood Pressure
- Diabetes
- Mood

Can you do **one thing?**

Optimise every patient.
Every contact is an opportunity.

One thing could make a big difference to that patient.

Patients on an Urgent Suspected Cancer (USC) pathway may be waiting for investigations or treatment.

During this time, small actions can improve their health, reduce delays and help them cope better with what's ahead.

Our goal is simple: optimise the patient.

GP appointments are short with a lot to fit in, so a full optimisation review isn't always possible.

But could you do one thing?

One thing could be:

- Blood pressure**
Check and optimise blood pressure
- HbA1c**
Review and optimise diabetes control
- Anaemia**
Identify and treat anaemia
- Weight loss**
Identify and address unintentional weight loss
- Obesity**
Offer support to help manage weight
- Physical deconditioning and inactivity**
Encourage activity and rebuild strength

Smoking cessation at every stage
The best thing you can do for your patient's health and cancer outcomes.

It doesn't have to be all of these.
Choose one thing that matters most for that patient.

- One conversation.
- One intervention.
- One action.

One thing could make a big difference.
Thank you for helping optimise our patients on the cancer pathway.

Need support?
Use local pathways and resources for blood pressure, diabetes, anaemia, weight management, activity and smoking cessation.

Working together to give every patient the best possible outcome.

Can you do **one** thing today?

SUMMARY

- Opportunities earlier in cancer pathway to optimise patients
- Potential for primary prevention in this group also
- Patients referred on USC pathway even if not diagnosed are more likely to develop cancer in the next 5 years so opportunity for prevention

THANK YOU

