

GAPS - Gloucestershire Allied Health Professionals Lung Cancer Prehabilitation Service Pilot

This project has been developed in collaboration between MSD and Gloucestershire Hospitals NHS Foundation Trust

May 2022 - October 2022



Background:

- Prehabilitation for lung cancer patients is essential to address the potential decline in their performance status while waiting for diagnosis and treatment¹.
- Targeted interventions, including exercise, nutrition, and psychological support, aim to enhance physical health and mental well-being with the overarching goal of producing improved treatment outcomes¹.
- We supported Gloucestershire Hospitals NHS Foundation Trust to set up and run a lung cancer prehabilitation service pilot over a 6-month period.

“

I feel amazingly lucky that I got into the prehab service, I try to imagine what it would have been like for over a year now without having the opportunity to do the prehab ... and it would've been truly awful.

”

- Prehab patient

Objectives:

- To determine the extent to which prehabilitation support for lung cancer patients can either maintain or improve their fitness levels, mental resilience and suitability for systemic anti-cancer therapy (SACT).

Service:

- Patients were referred at the diagnostic clinic stage as soon as a lung cancer is highly suspected.
- They were then assessed for the level of prehabilitation support that would best suit their individual needs and circumstance.

What we evaluated:

- The proportion of patients who maintained or improved their fitness as measured by changes to their **Performance Status (PS)** and score on **the sit to stand test**
- 'Real time' evaluation of the service whilst the pilot was operational
- Structured patient feedback gained through 1-1 interviews and the impact of the service on patients own reported outcomes and experience

Patient impact

80% (n=48) maintained or improved performance status



96% (n=21) of PS2 patients recorded at 1st outpatient appointment went on to either maintain or improve their PS

23% (n=5) of initial PS2 patients improved to PS1 by the time they reached 'decision to treat'



90% (n=52) of patients stated they were satisfied with the information and advice. Increased to 97% with face to face

NHS impact:

Gloucestershire prehabilitation service developed dedicated to lung cancer patients



Expansion of pathway to incorporate prehabilitation

The project contributed evidence to the business case for sustained funding



Recommendations achieved to provide prehab within NHSE Diagnostic Standards of Care for suspected lung cancer

References:

1. Macmillan Cancer Support. (n.d.). Prehabilitation for People with Cancer (Accessed October 2023). Retrieved from: <https://www.macmillan.org.uk/dfsmedia/1a6f23537f7f4519bb0cf14c45b2a629/13225-source/prehabilitation-for-people-with-cancer>