

PREHABILITATION

NORTHUMBRIA HEALTHCARE NHS TRUST

Northumbria Trust



- Part of largest ICS
- Large Area
- Deprivation
- Overweight/ Obesity @70%
- Highest rate Child Poverty
- Highest Cancer rates for Men and Women (age standardised)
- Smoking/Alcohol

Our Service

- Pilot go ahead September 22
- Health Coach starts clinic X 2 Feb 23 Colorectal
- Funding agreed Cancer Alliance April 23
- Health coach moved from PH trials elsewhere to us. Admin support.

Since October 23 – Band 7 Physio Full Time

2 part time Health coaches Band 4 (0.6 wte each)

April 24 funding agreed - 0.6 WTE dietician

- Health coaches (1.6 WTE)

- 0.6 WTE Admin.

- Personalised Care Team - Website

Triage

DrDoctor - Phone questionnaire

MUST/ METS/ HADS

Smoking/Alcohol/Diabetes.

Physio - Somerset Register / HIE / SIRIS

Low risk sent to Health Coaches MECC Gateway

Mod / High contacted by Physio.

Universal Offer Cancer Patients

- 46 possible appointments per week Monday–Friday 9–4
- Health Coaches see low risk – Physio sees moderate/high risk
- 6 interventions per patient – can be pre or post op.
- F2F Clinics – Community setting and Hospital- expanding
- Virtual – DrDoctor
- Telephone
- Gym sessions to start / group sessions
- Trial Digital Offer Cancer Alliance/ Durham to start July 24

Cancer Cohort

- Colorectal 230
- Gynae 100
- Breast 250
- Lung/Haematology/Urology/Skin/Upper GI

Data Collection

- EQ-5D-5L
- LOS
- Re admissions
- Complications
- Public Health data - IMD/gender/ethnicity
- Trust distribution

Business Case.....