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Background:

This study is the first article in this series on the knowledge, attitudes and beliefs of clinical nurse specialists (CNS'S) and advanced nurse practitioners (ANP'S) to prehabilitation advice in oncology patients, exploring what prehabilitation advice is being given in practice

Objective:

- To explore what prehabilitation advice is being given in practice to oncology patients by CNS's and ANP's.

Method:

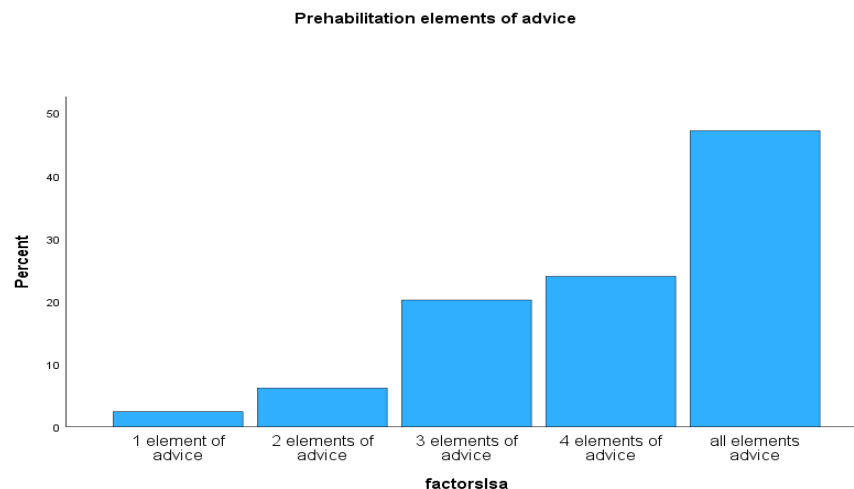
- Cross sectional online questionnaire open for 3 months open to ANP's and CNS's working with oncology patients in the United Kingdom to prehabilitation, disseminated through professional organisations and social media.

Results:

- The questionnaire gained (n=415) responses.
- Prehabilitation advice was routinely given by 89% (n 371) or respondents.
- Out of this (47.2%, n 175) was multimodal, encompassing five prehabilitation elements.
- Nearly half, (48%) of respondents worked in trust's which used the term "prehabilitation".
- Respondents free text answers to the questionnaire illuminated a vast array of advice being given; from financial, emotional and social advice to discussions on patient treatment and logistics.
- Key to this was the theme of individualised, person-centred advice given throughout.

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Bar chart illustrating the percentage of respondents giving the number of elements of prehabilitation advice



Free text answers from responders on what advice is given to patients

"Dependent on patient assessment and individualised according to patient, and what they are able to absorb at time of diagnosis"

"I don't preach to patients with advice, most patients are very aware they are engaging in poor health behaviours. Therefore, I allow them the opportunity to talk about their efforts to change behaviour and encourage them."

"The majority of my patients understand healthy living, most of the advice I give is about coping with the changes needed during chemo and coping with uncertainty and fear. The signs and symptoms of relapse are also discussed with almost every patient at an early stage. The most common question I get is "how long have I got"

"It is a continuous discussion at appropriate points in journey not just one identified time"

Conclusions/Recommendations

- The study highlighted the wealth of advice given to patients by CNS's and ANP's including prehabilitation advice.
- It explored the importance that prehabilitation advice is personalised and the intrinsic role that the respondents have in prehabilitation advice provision.
- Recommendations include the implementation of a nurse prehabilitation advice resource used to give quick, tailor-made advice to their patients and greater provision of education around prehabilitation.
- Therefore, enabling CNS's and ANP's to provide personalised prehabilitation advice throughout the patients cancer journey.