

Background:

This study is the second of two studies in a series exploring the knowledge, attitudes and beliefs of clinical nurse specialists (CNS'S) and advanced nurse practitioners (ANP'S) to prehabilitation advice in oncology patients.

Objective:

- To explore and identify the barriers and facilitators to giving prehabilitation advice by CNS's and ANP'S in oncology patients.

Method:

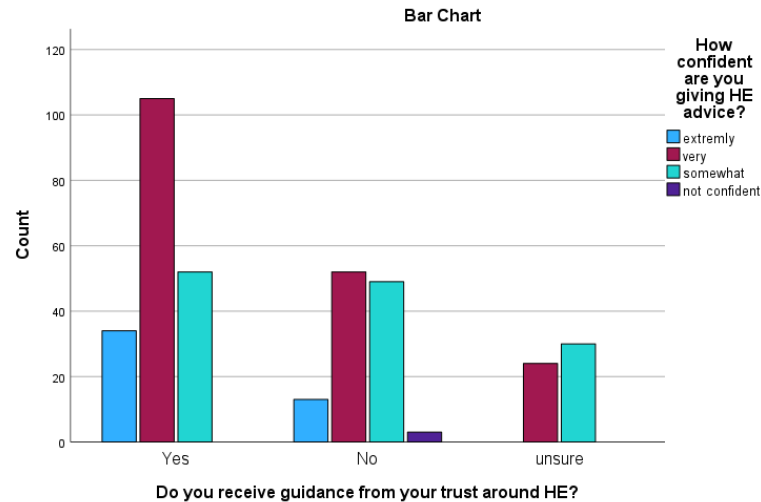
- Cross sectional online questionnaire open for 3 months open to ANP's and CNS's working with oncology patients in the United Kingdom to prehabilitation, disseminated through professional organisations and social media.

Results:

- The questionnaire gained (n=415) responses.
- Prehabilitation advice was routinely given by 89% (n 371) or respondents.
- Many (60%) identified a lack of guidance and referral processes as a barrier to giving prehabilitation advice, this corresponded between respondents' confidence to give prehabilitation advice and subsequent referrals (<0.001).
- Other factors included time (61%), a lack of patient interest (44%) and limited relevance to patient's (35%).

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Bar chart showing relationship between guidance on healthy eating advice and confidence to give advice



Free text answers from responders on barriers to giving prehabilitation advice

"Routinely offering this advice on top of all the information we already provide is time consuming and prior to starting treatment the patients main focus is on their treatment plan and how that is going to affect them."

"At the point of diagnosis, we are already giving patients a great deal of information about their treatment, the practicalities of appts, infection control guidelines etc. I think this can often be quite overwhelming"

"Differing views within healthcare team owing to lack of specific guidance"

"Unfortunately, I don't think that we have the training and infrastructure in place to facilitate this at present"

Conclusions/Recommendations

- The principal finding is the correlation between lack of guidance and confidence/referral's around prehabilitation advice.
- Familiarity with guidelines was strongly associated with provision of prehabilitation advice and referral for all prehabilitation elements due to an increase in confidence and knowledge.
- The barrier of time was identified, explored in respondents' unwillingness to give prehabilitation advice expressing a lack of capacity.
- Recommendations include the implementation of standardised nurse prehabilitation advice resource integrated into the cancer pathway linking into referral pathways which can be used by health care professionals providing individualised patient advice.