

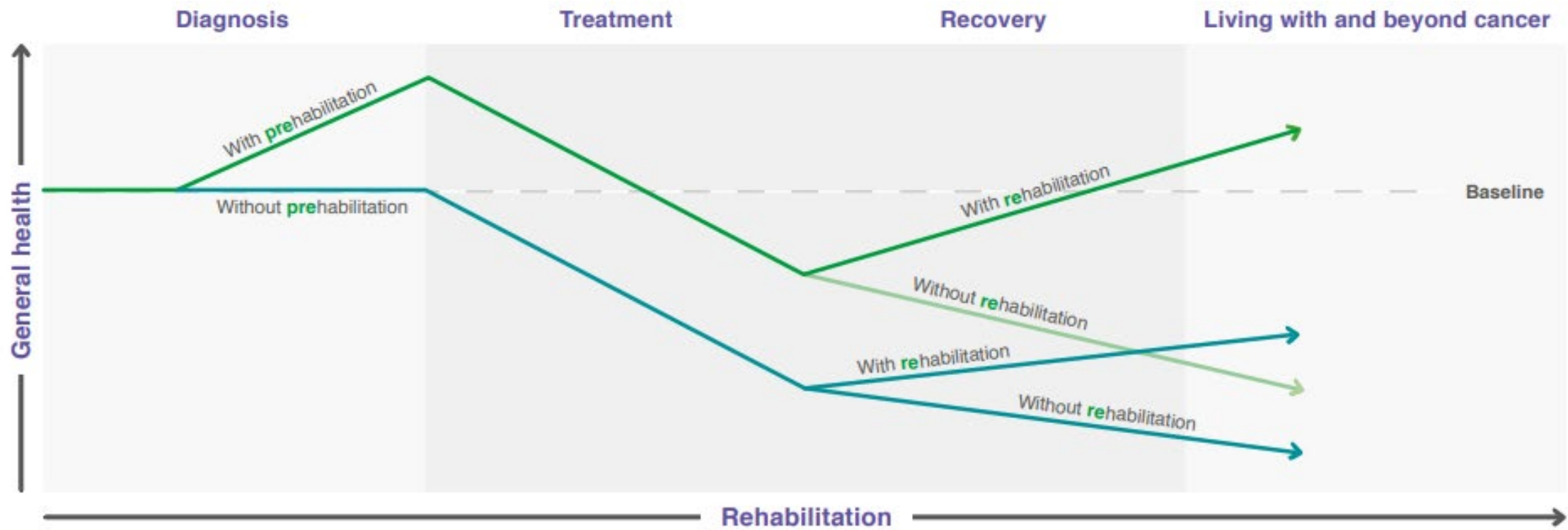
Active Together

January 2023

Carol Keen

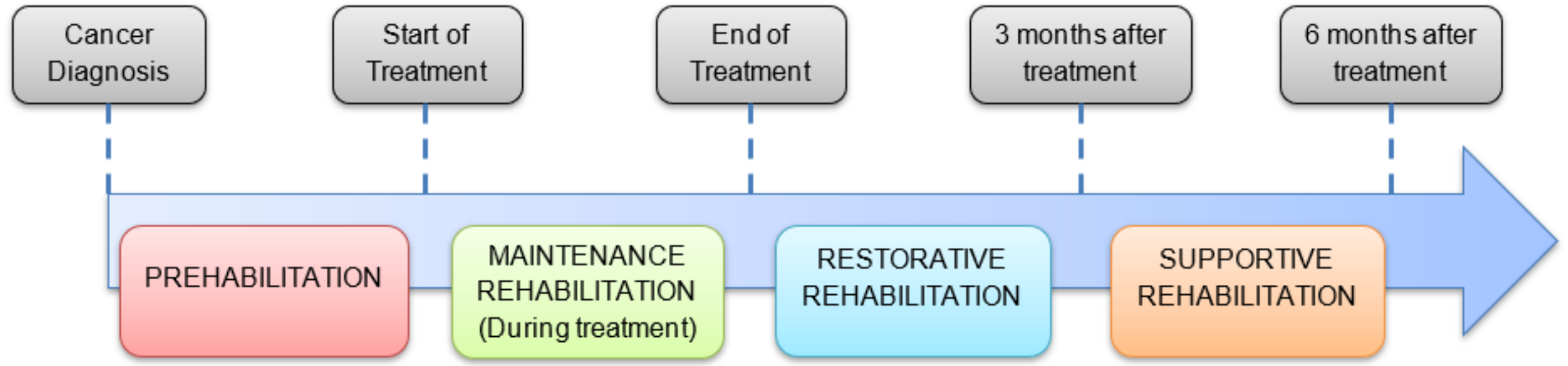
Consultant Physiotherapist, Sheffield
Teaching Hospitals

Improving Cancer Care



Principles and Guidance for Pre-habilitation, Macmillan

Service design



Service Design

Inclusion

- Tumour groups
- Upper GI
- Lung
- Colorectal
- (urology, head and neck)

- Curative intent

Multi-modal

- Physical

- Dietetics

- Psychology

Geography

- Sheffield patients
- Treatment in Sheffield

- Surgical or non-surgical

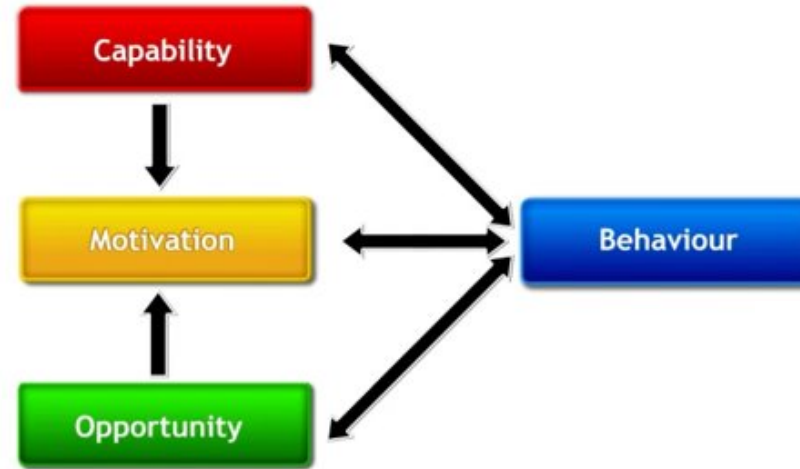
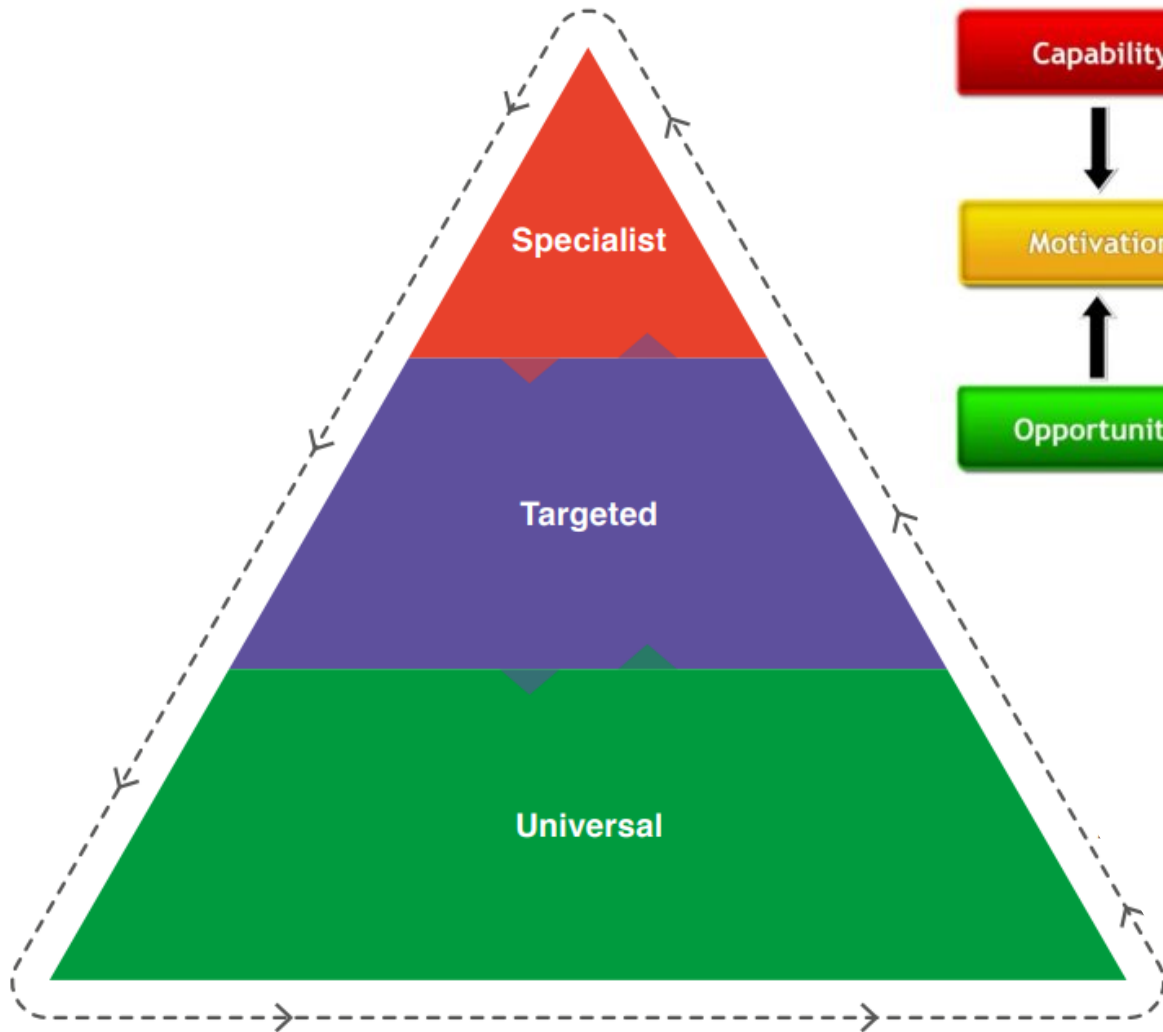
Collaborative

- Sheffield Hallam University

- Sheffield Teaching Hospitals

- Yorkshire Cancer Research

Individualised and Personalised care



Research Opportunities

- Safety of online vs FTF exercise
- Impact of pre treatment weight change on surgical outcomes
- Comparing high intensity to moderate intensity exercise in prehabilitation
- How does accuracy of body measurement impact chemotherapy dosage and treatment outcomes?
- Extra-cellular vesicles in exercise in bowel cancer patients

Research Opportunities

- Access to patients
- Clinical staff with research expertise
- Pre and post treatment
- Multi-modal intervention
- Research oversight