

Implementation of Cancer Prehabilitation in Wales

Today the Allied Health Professional workforce from across Wales will come together at an all-Wales symposium to celebrate the progress being made around cancer prehabilitation services in Wales.

Prehabilitation is now embedded in all [National Optimal Pathways \(NOPs\)](#). Despite this, significant inequities persist in access to, referrals to, and uptake of prehabilitation across NHS Wales.

In championing the work of healthcare colleagues who deliver prehabilitation services, the Wales Cancer Alliance is calling for a system wide commitment to offer prehabilitation to all those eligible across Wales.

Lowri Griffiths, Chair of the Wales Cancer Alliance said:

“I’m delighted to attend the National Cancer Prehabilitation Symposium and to have been asked to Chair a panel session with people who have benefitted from prehabilitation services.

“Currently, prehabilitation services are not routinely available to everyone who could benefit and it is time to ensure that effort is made to reduce the variation in access. Patients will benefit and ultimately it will benefit the NHS through quicker discharge, more tolerated treatments and ultimately cost savings!

“I do hope that NHS leaders who attend this event today will come away and look to embed cancer prehabilitation services across their health boards in a systematic and equitable way, so that patients, no matter what type of cancer they have and no matter where they live – will be able to benefit from this important part of the treatment pathway”.

What is Cancer Prehabilitation

Cancer prehabilitation is a needs-based, multi-modal intervention delivered before and during treatment to optimise physical, nutritional, and psychological health. It improves readiness for treatment, improves tolerance to cancer treatments, recovery time after surgery, survival at two years and quality of life.

How does prehabilitation improve the experience of people affected by cancer?

- It improves treatment tolerance and reduces complications, leading to better clinical outcomes
- Patients experience faster recovery after surgery
- Evidence shows improved survival at 2 years post diagnosis

What value does prehabilitation bring to the NHS?

- Prehabilitation lowers healthcare costs through reduced hospital stays and fewer complications associated with treatment.
- It leads to fewer drug costs due to improved health and wellbeing
- There is proven improvement in hospital flow because of fewer delays/cancellations in treatment
- Efficient resource use, freeing up acute care capacity.

Useful links

[Evaluation of Prehab2Rehab - Public Health Wales](#)

[Prehab for Cardiff and Vale cancer patients cuts hospital stay - BBC News](#)

[Prehabilitation guidance for healthcare professionals | Macmillan Cancer Support](#)

[Prehabilitation – getting ready for treatment | Maggie's](#)