

Reference Number: FOI202223/196
From: Other
Date: 25 August 2022
Subject: Prehabilitation services

- Q1 Do you currently offer any prehabilitation services to patients undergoing surgery within your trust?
- If Yes, which specialties currently are offering prehabilitation to patients prior to surgery?
 - In what year were these services established?
 - If known, how many patients in total have gone through a prehabilitation programme to date?

A1 No

- Q2 In your trust, In the year prior to covid (Jan – Dec 2019) how many patients participated in a dedicated prehabilitation program prior to surgery?

- Q3 What components of prehabilitation are currently offered to patients prior to surgery within your trust and how are they delivered?

- Q4 How long do patients undergo prehabilitation prior to surgery within your trust?

- Q5 What outcome measures are collected on the efficacy of the prehabilitation program that your patients undertake prior to surgery?

- Q6 Does the prehabilitation program that that your patients undertake prior to surgery involve the use of digital technologies to augment the program? (e.g., Digital apps, wearable fitness trackers)

- Q7 What effect has the covid-19 pandemic impacted your service?

A2-7 Information not held – As per A1

- Q8 Are there any plans to implement a prehabilitation service prior to surgery within your trust in the next year in any of the following specialities?

A8 Discussions have begun with regard to these services however no formal plans are in place at this time.