The PRosPer Project

(The **P**(prehabilitation), **R** (rehabilitation) **osPer** (personalised care) project

10th March 2021

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Macmillan Cancer Support

Project overview and outputs

Project overview

- HEE and Macmillan identified a need for the development of education and development offers for allied health professionals and the wider workforce about personalised care ***with a focus on prehabilitation and rehabilitation in people with cancer***

- Project commenced Spring 2020, to be completed Autumn 2021

- Project outputs will be available to all across the UK

- PRosPeR steering group, subject matter experts and reviewers

Project outputs

- E-learning developed in collaboration with E-Learning for Health

- Face to face/virtual workshops/best practice webinars

- Optional accredited Masters module

- Toolkit

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Concept of Personas

Persona 1

Requires a foundation level of knowledge related to personalised care, prehabilitation and rehabilitation working and /or Cancer

Persona 2

Has knowledge in personalised care and either Cancer or Prehabilitation/Rehabilitation but not necessarily both

Persona 3

Has knowledge of personalised care, cancer and prehabilitation and rehabilitation

Persona 4

Clinical leads, commissioners, managers with strategic decision making responsibility

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PRosPer Modules
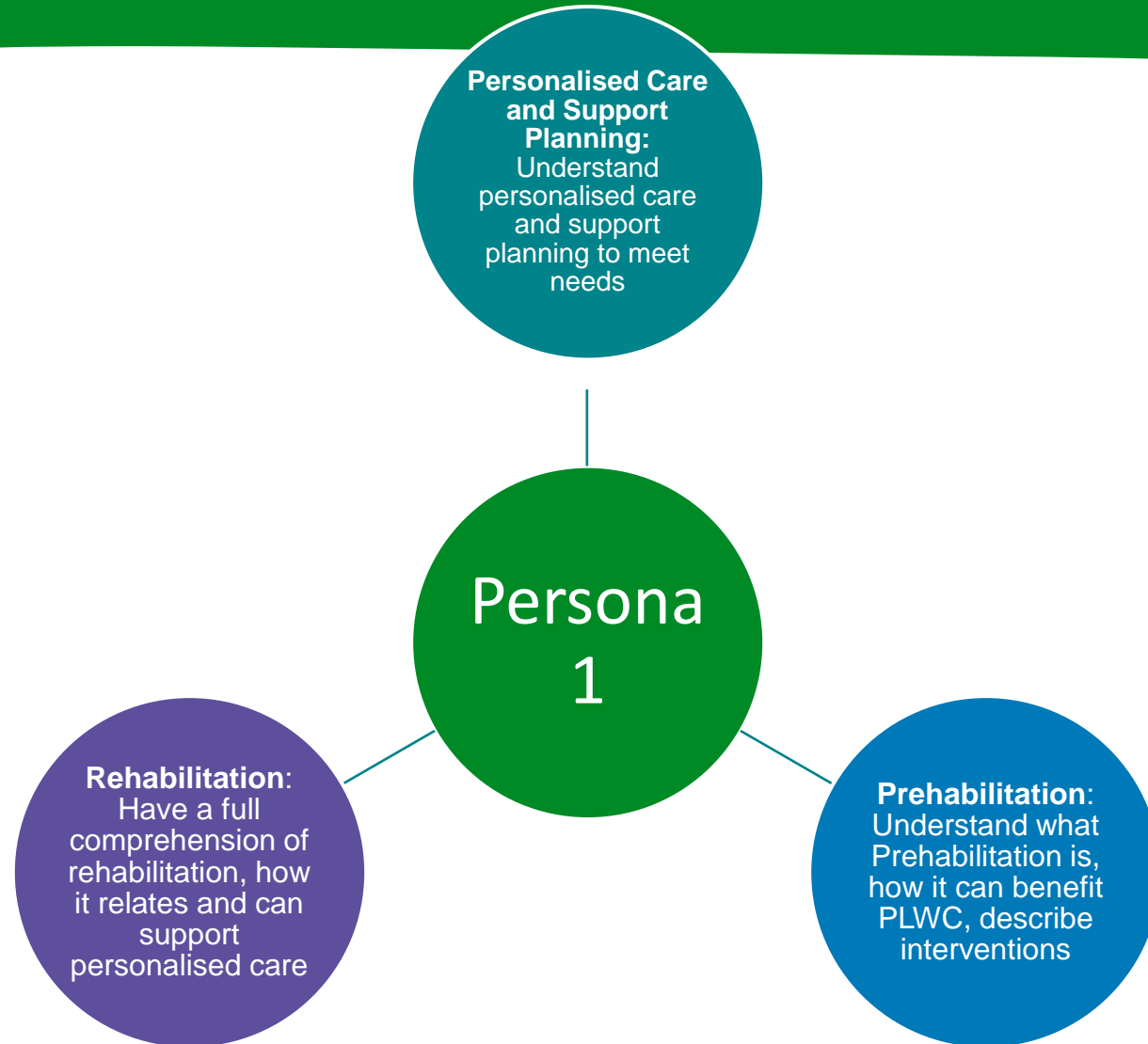
Personalised care and support

Cancer Prehabilitation

Cancer Rehabilitation and symptom management

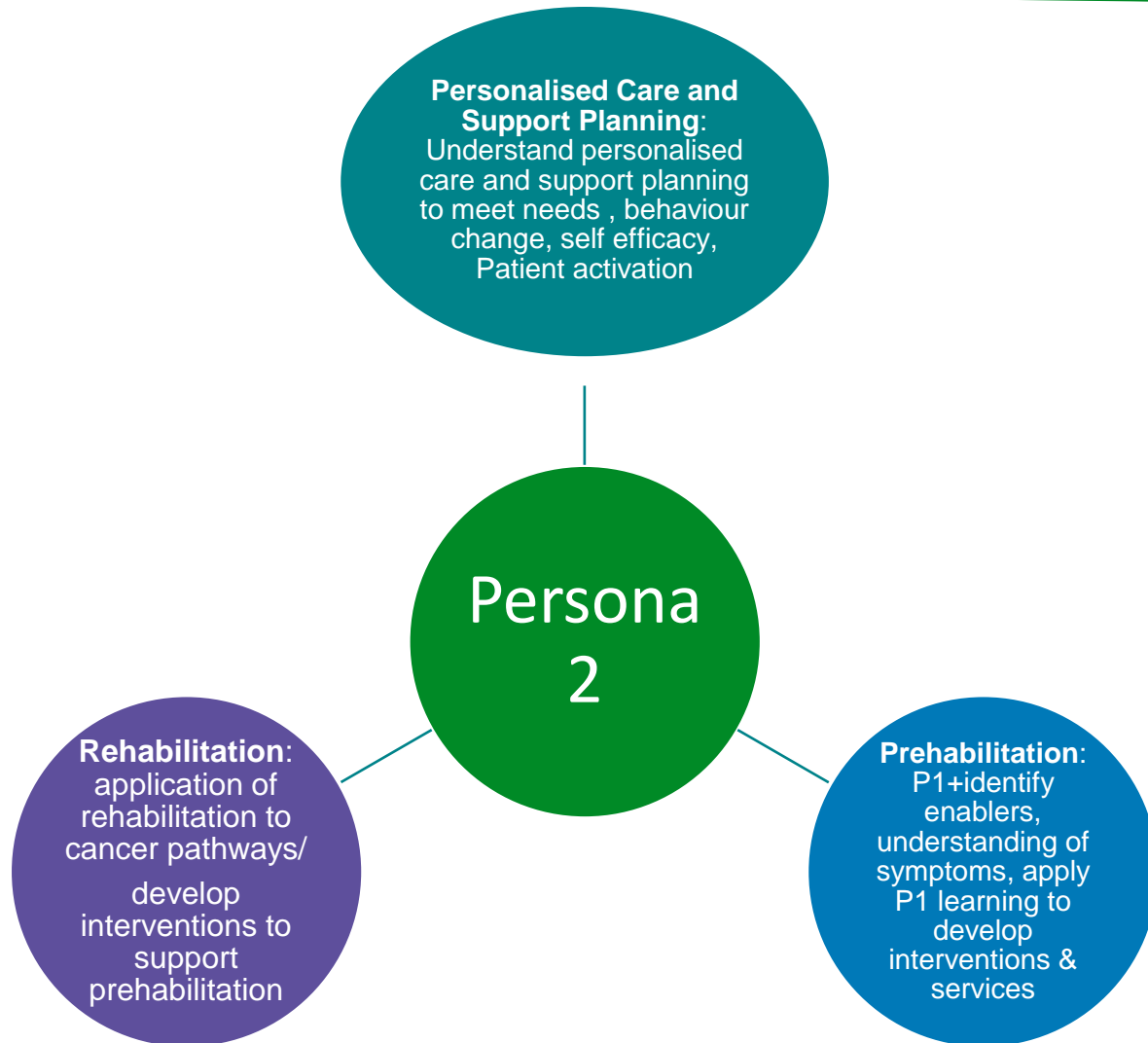Service redesign and workforce development

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Persona 1 content: Foundation level

Personalised Care and Support Planning: Understand personalised care and support planning to meet needs

Persona 1

Rehabilitation: Have a full comprehension of rehabilitation, how it relates and can support personalised care

Prehabilitation: Understand what Prehabilitation is, how it can benefit PLWC, describe interventions

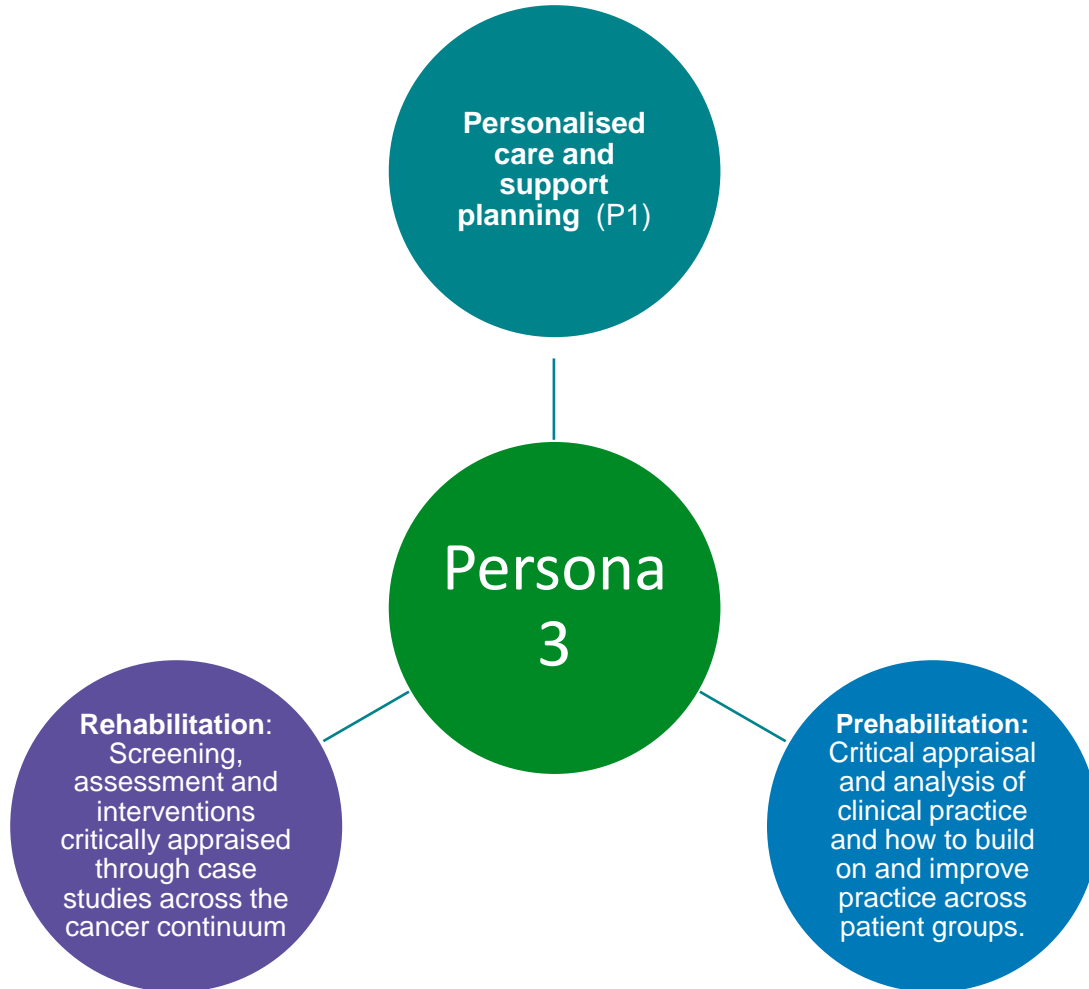Examples of types of P1 professionals:

- Cancer Support Workers

- Health and social care undergraduate students

- Physical activity professionals

- Generalist healthcare professionals e.g. GP's,

- Practice nurses

- Clinical nurse specialists

- Social care professionals

- Paramedics

- Oncologists

- Community pharmacists

- Consultant surgeons

- Information managers

Persona 2 content: Intermediate level building on foundation

Personalised Care and Support Planning: Understand personalised care and support planning to meet needs , behaviour change, self efficacy, Patient activation

Persona 2

Rehabilitation: application of rehabilitation to cancer pathways/ develop interventions to support prehabilitation

Prehabilitation: P1+identify enablers, understanding of symptoms, apply P1 learning to develop interventions & services

- Examples of types of P2 professionals:

- AHPs working in prehabilitation and rehabilitation

- Anaesthetists

- Cancer specialist AHP or CNS's

- Therapy Radiographers

- Macmillan GP's

- Chemo and targeted therapies CNS's

- Specialist CNS's for specific tumour types

- Specialist Physical activity workers

- Cancer support workers

- Rehabilitation assistants

- Information and support workers

Persona 3 content: Advanced level

Personalised care and support planning (P1)

Persona 3

Rehabilitation: Screening, assessment and interventions critically appraised through case studies across the cancer continuum

Prehabilitation: Critical appraisal and analysis of clinical practice and how to build on and improve practice across patient groups.

Examples of types of P3 professionals

• Cancer specialists prehabilitation and rehabilitation AHPs and other healthcare professionals

• Late effects healthcare professionals e.g. therapy radiographer

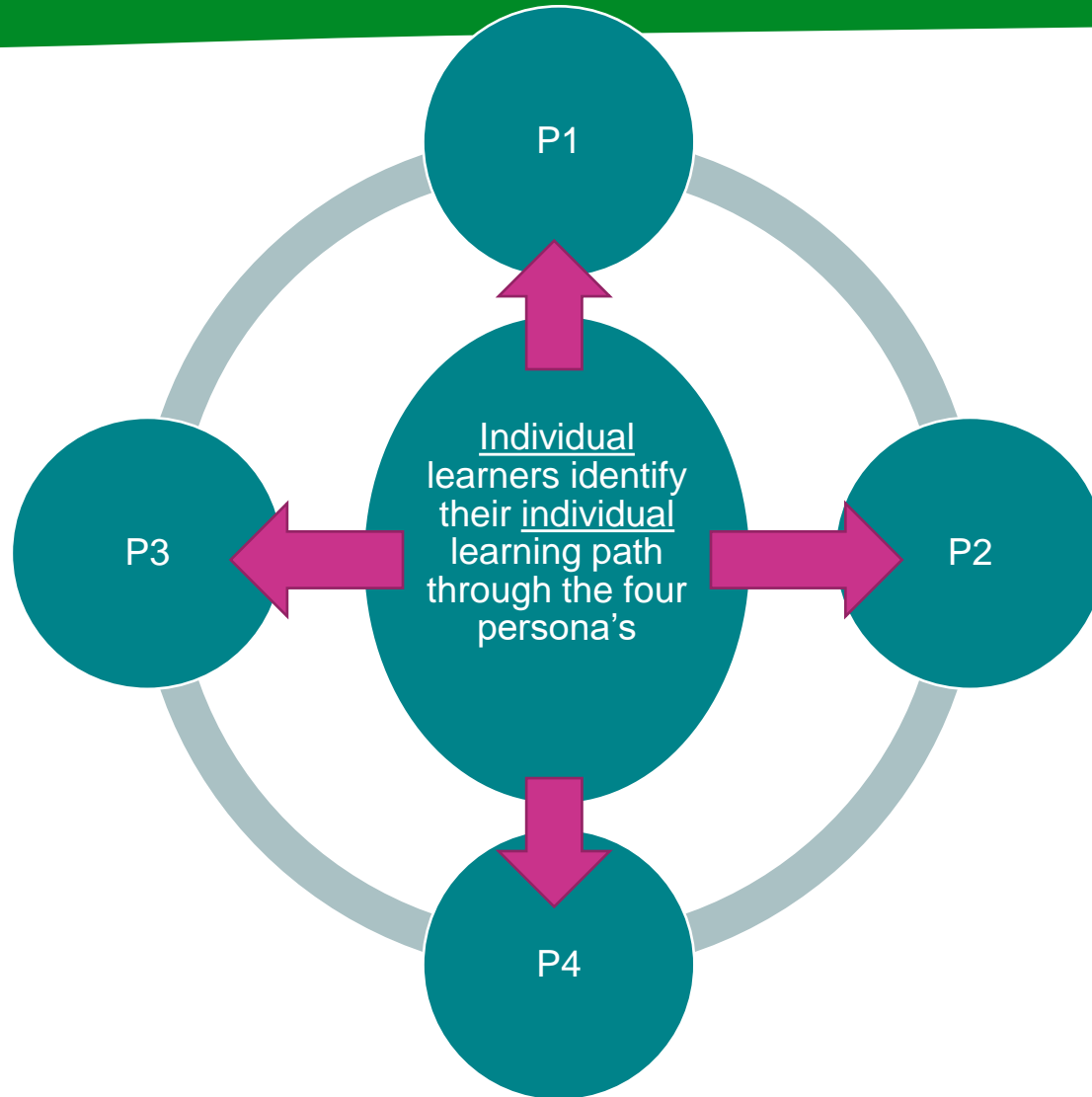• Educators on prehabilitation and rehabilitation

Persona 4 toolkit

Examples of types of P4 professionals

- Leads for strategy, policy, service delivery and commissioning

- Clinical leads with strategic decision-making responsibility

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Ethos of the education pathway model

Persona 2 content outline

- **Module 1 – Principles of self-management, Behaviour Change, Self-efficacy and Patient Activation**

- **Module 2 - Prehabilitation**

- **Module 3 - Rehabilitation Management of Cancer Symptoms Across the Cancer Pathway** (3x symptom cluster modules)

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P2 Module 1: Personalised Care

Build on *Introduction to Prehabilitation, Rehabilitation & Personalised Care* (Persona1, Module 1):

- Behaviour change

- Patient activation

- Promoting self-efficacy

- PROMS/ePROMS

- Motivational interviewing

- Health coaching

P2 Module 2: Prehabilitation

Build on P1 Prehabilitation content to cover:

- Screening & identifying levels of intervention (*Universal/Targeted/Specialist*)

- Difference between screening and assessment.

- Implementation strategies for prehabilitation interventions to minimise cancer treatment side effects

- Targeted healthy lifestyles interventions

- Case studies

P2 Module 3: Rehabilitation

3x modules – approx. 30 mins learning per module

a) Fatigue, breathless, worry, fear & anxiety/psychological support/depression/sleep problems, communication, cognitive function.

b) Pain, mobility, physical function, neuropathy, hemiplegia/paraplegia, lymphoedema, skin & soft tissue management, bladder, bowel & sexual function.

c) Nutrition, weight management, swallowing, body image, nausea & vomiting, diarrhoea, taste changes.

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Module 4: Services & workforce

May be cross-cutting across all personas & has synergy with P4 toolkit.

- Data collection

- Clinical outcome measurement

- Cost effectiveness measures

- Presenting the impact and outcomes of prehabilitation and rehabilitation

- Workforce development, competency etc

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Persona 3 Outline

- E-learning + optional academic BSc/MSc credits
- 3x modules of content
- Self-directed, reflective learning approach

Options for structure:

Option A
Work through the whole patient pathway for 3 tumour types/sites

(e.g. breast, head & neck, lung)

Option B
Each module could focus on a different time of need/ stage in the pathway

(e.g. diagnosis/prehab, during & after treatment, palliative care)

Persona 4 - Toolkit

❖Strategic development of cancer prehabilitation and rehabilitation

❖Measuring the outcomes and impact of prehabilitation and rehabilitation

❖To signpost to established prehab and rehab services

❖To provide a variety of models to support service innovation

❖Not an e-learning module

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Strategic development of cancer prehabilitation and rehabilitation

Indicative content may include reference to

❖The importance of local and regional population needs

❖Developing the evidence

❖Links to organisation and system wide priorities

❖Health economics and data capture

❖Stakeholder engagement

# Measuring the outcomes and impact of prehabilitation and rehabilitation

Indicative content may include reference to

❖Data collection

❖Clinical outcomes measurement

❖Cost effectiveness measures

❖Presenting the impact of prehabilitation and rehabilitation measures

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Next steps and future plans

- Persona 1 x 2 modules (personalised care and support and prehabilitation) to be launched in March 2021

- Persona 2 and Persona 3 content

- P4 toolkit

- Service redesign and workforce development module – likely to be across Persona

- Accessibility of PRosPer through platforms in each nation of the UK

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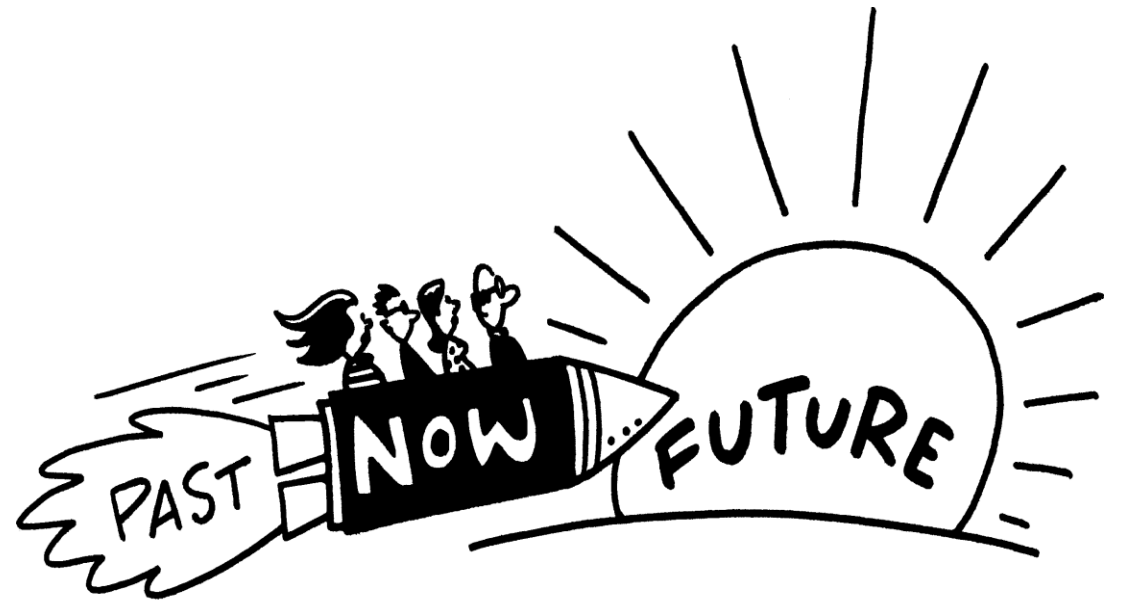
Questions

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