




Patient Case study Template

District	Harborough District
Contact Details	Matthew Hopkin Contract Manager
Date	2021

Case study Title	Cancer Prehabilitation Fit4surgery
Scheme:	Cancer Prehab
Location of Activity	Harborough Leisure Centre
Aims and Objectives of the project.	The focus of the programme is working with patients undergoing certain high-risk operations, usually for cancer, who have sufficient time before surgery to undertake a 6-week prescribed physical activity programme with the guidance from our level 4 cancer rehabilitation instructor Shareen Roache.
Partners Involved	Everyone Active has been working closely in partnership with Harborough District Council's Sport & Health Team UHL/NHS Trust, and LRS over the past 12 months to deliver a new and innovative project to help patients living with cancer.

Background of case study <i>e.g. General information about the patient, condition, reason for referral, medical practice that referred. Also activity, duration, location etc details</i>	The research around this programme is that reduced physical fitness is associated with an increased risk of complications and more difficult recovery after major surgery. The intention of this programme is to optimise patients before surgery, physically, nutritionally and mentally to enable them to cope better with these demands and have the best chance of a successful recovery.
Impact / Outcome Achieved Sustainability.	Patient Quote "The programme has given me back control during a time when I have been unable to control other parts of my life due to cancer. It has given me structure,

	purpose and motivation to face cancer head on and get myself into the best possible physical shape to cope with surgery and help with my recovery thereafter.”
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<p>Supporting Material Please include a photo where possible</p> <p><i>(please ensure photo consent is obtained as these images may be utilise on websites, publicity material, presentations etc)</i></p>	
<p>Any other information or comments</p>	<p>N/A</p>

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