GM Prehab4Cancer & Rehab Programme

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### Objective

GM Cancer will be the first regional system in the UK to introduce large scale prehabilitation as a standard of care for cancer patients.

Through transformation funding GM Cancer Prehab will support more than 1,000 patients per year undergoing cancer interventions (major surgery, chemotherapy and radiotherapy) through freely accessible preparation and recovery physical activity, nutritional and well-being packages across GM over the next 2 years.

### Partners in delivery

- **WE ARE MACMILLAN CANCER SUPPORT**
- **GMActive**
- **ERAS**
- **RCoA**
- **Manchester University Health Science Centre**
- **Royal College of General Practitioners**
- **Macmillan Cancer Support**
- **Health Innovation Manchester**
- **Manchester Allied Health Sciences**

### Methodology

To deliver this system change, GM Cancer Prehab will work with local healthcare providers, community GM Active leisure services, GM Macmillan Users, Health Innovation Manchester and the Manchester Allied Health Sciences. GM Cancer Prehab will be co-designed utilising advice from national and international multimodal experts who will facilitate collaboration, innovation and study within the programme. This will be complemented by a strong drive to digitally enhance and record patient prehabilitation and recovery outcomes.

### Expected Benefits

- Reduced morbidity from treatment
- Improved short-term and long-term survival
- Improved PROMs and PREMs
- Reduced healthcare and social costs
- Improved family and carer satisfaction

### References