NHS
Royal Devon
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Autologous stem cell prehab clinic

Other formats

If you need this leaflet in another format such as Braille, large print, high contrast, British Sign Language or translated into another language, contact the Patient Advice and Liaison Service:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

What the service offers

Prehabilitation (prehab) is the process of preparing patients for a prolonged course of treatment; in this instance autologous stem cell transplant (SCT).

This is a programme of support, advice and guidance to help patients understand and manage treatment. The programme empowers patients to manage with pre and post-autologous SCT complications if they arise.

High dose chemotherapy and stem cell transplants are powerful therapies which are very demanding on the body and mind of patients undergoing such treatment. Evidence shows that actively improving physical and mental health can help patients' recovery from treatment and reduce the chance of further problems during and after treatment, as well as giving many other benefits.

Prehabilitation aims to improve survival outcomes, patient experiences, and expectations, as well as reduce length of stay through earlier intervention from a designated prehabilitation team. Patients who attend a prehab clinic have a 'head start' in their general health. The prehab clinic aims to prevent or reduce the impact treatment may have and helps patients and their family learn how to cope with difficulties should they arise. The aim is to restore patients to their pre-illness level of function, optimising patient fitness, nutritional status and supporting psychological needs.

Where the clinic is provided

This clinic is held at:

FORCE Cancer Support Centre,
Corner House, Barrack Road,
Exeter EX2 5DW

Tel: **01392 406151**

When is this clinic?

This clinic is run approximately once every six weeks with a start time of 3pm. This appointment lasts for about 90 minutes. You will receive an invitation letter confirming your appointment date and time.

How to be referred

Patients are selected and referred by the SCT coordinator having been highlighted as transplant eligible.

The SCT coordinator will discuss the prehab clinic with patients on their visit to the clinic, Day Case Unit (DCU) or over the phone when detailing the pathway.

What will happen at the clinic?

Patients are invited to bring a supporter or loved one to attend the prehab group session. A presentation will be delivered by the MDT (multi-disciplinary team) Prehab team, made up of nurses, dieticians, physios and a clinical psychologist. At the end of the session patients will be asked to complete a prehab group feedback questionnaire.

The focus of the prehabilitation clinic is to provide information and support on the following aspects:

- Physical activity
- Diet
- Mental health wellbeing and support
- Education in and around their disease and treatment
- The care you will receive after your stem cell transplant and possible complications.

This is also an opportunity for us to offer any other support you may be needing or to answer any questions you or your family may have concerning the transplant process. Follow up

This is a one-off clinic appointment, however, you will have the contact details of the SCT team if you need help, advice or support at any time, as detailed below..

Following a referral to the prehab clinic a member of the living with and beyond cancer team will be in touch to offer you further physiotherapy or exercise therapy interventions. Depending on your symptoms, activity levels and goals, we will then offer face to face or telephone support. Our exercise therapist will also visit you whilst you are on Yarty ward for your SCT and provide rehabilitation if needed after you are discharged. The transplant coordinator will assess whether you need a referral to the dietitian - please let us know if you have lost any weight and/or are struggling with your dietary intake. In addition, with the completion of the postal questionnaires provided, we can evaluate if you will benefit from psychological support and signpost and refer to counselling services.

You will receive questionnaires prior to your clinic appointment along with your appointment letter. Please complete these and return in the prepaid envelope to enable us to manage any referrals appropriately.

Who's who

Rachel Tsang
Stem Cell Transplant Co-Ordinator and Lead Transplant Nurse

Emma Fahy

Stem cell Transplant Co-Ordinator

Dr Sarah Airdrie
Clinical Psychologist

Rachel Keenan
Living With and Beyond Cancer (LWBC) Physiotherapist

Samantha Clausen
Oncology/Haematology Specialist Dietitian

Clare Fox
Haematology Clinical Nurse Specialist (CNS) Lead

Further information

If you require any help or advice regarding this clinic, please contact:

Rachel Tsang
Stem Cell Transplant Co-Ordinator and Lead Transplant Nurse, Haematology Department

Emma Fahy

Stem Cell Transplant Co-Ordinator

Cancer Services

01392 402882 / 402815

07917636845 (Answerphone available 24/7 for non-urgent enquiries)

Monday-Thursday: 7:30am – 5:30pm

Your notes

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern, please contact PALS:

- 01392 402093 (for Mid Devon, East Devon and Exeter services)
- 01271 314090 (for North Devon services)
- rduh.pals@nhs.net

Have your say

Royal Devon University Healthcare NHS Foundation Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

You can also share your feedback on the Care Opinion website at www.careopinion.org.uk or freephone 0800 122 3135.

Scan the QR code to visit the Care Opinion website →

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www.royaldevon.nhs.uk

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