

Cancer Rehabilitation Exercise Scheme

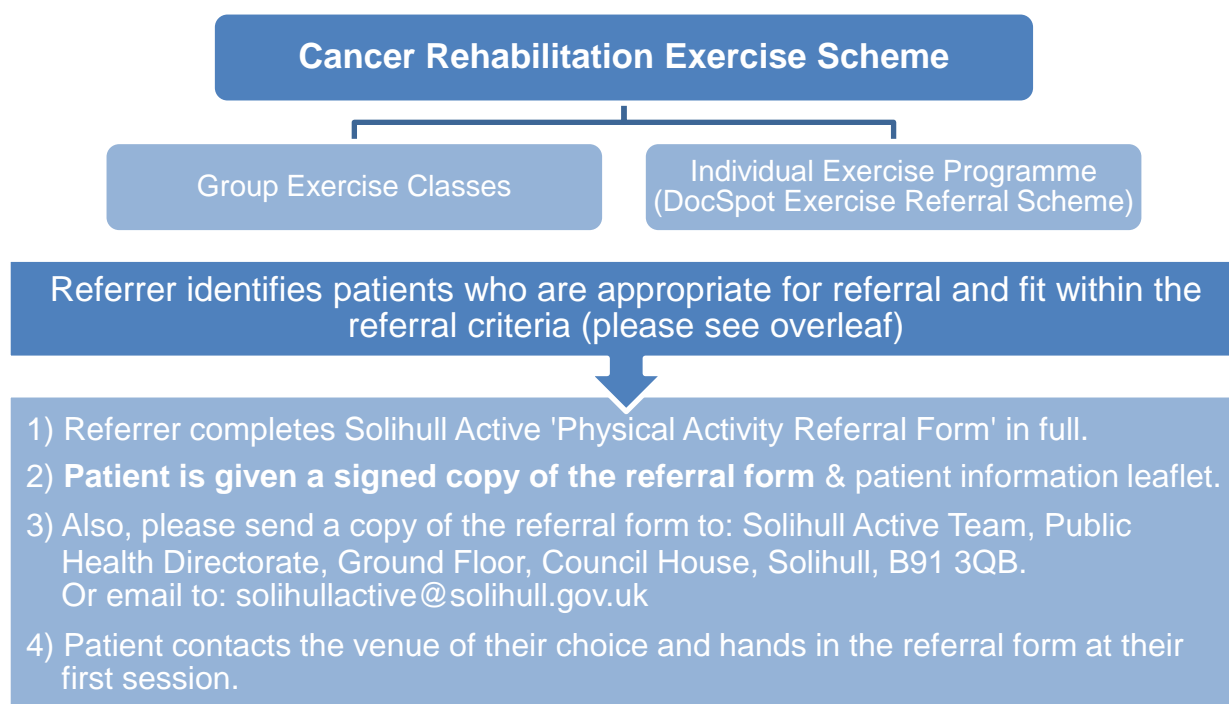
Health Professionals Information

This scheme is a part of the Active Wellbeing Hub which offers high quality physical activity programmes with specialist advice and expertise.

The cancer rehabilitation exercise scheme has been running since September 2014 and aims to introduce cancer patients and survivors to the benefits of regular physical activity and aid their recovery. The scheme consists of a rolling 12 week programme of group exercise classes, specifically designed for individuals who have been affected by cancer and whose quality of life can be maintained or improved through taking part in regular physical activity. The programme is delivered by Cancer Rehab qualified exercise professionals at two local venues.

Originally the scheme was only available to prostate and colorectal cancer survivors who were a minimum of 12 weeks post-treatment. The scheme has now been broadened out and we can accept referrals for patients that have been diagnosed with **any cancer type** and are **pre-treatment, undergoing treatment or post-treatment**. To cater for a wide range of patients the scheme also includes an individual exercise pathway as well as the group exercise pathway.

This is a referral-based scheme and as such a patient can only join the programme with a fully completed Solihull Active 'physical activity referral form' signed by a relevant health professional.



Referring health professionals have the choice of using an electronic format or carbon copy versions of the patient referral form and patient information leaflets are available to give out to anyone that has been referred.

Upon completion of 12 weeks, participants will complete a follow up questionnaire to help us monitor and evaluate the service. After 12 weeks participants are able to remain in the classes to help maintain their physical activity levels longer term.



Please note that the scheme has the following inclusion and exclusion criteria,

Inclusion Criteria:

- ✓ Clinical diagnosis of cancer.
- ✓ Patient is at one of the following stages of the cancer journey:
 - Pre-treatment.
 - Undergoing treatment.
 - Post-treatment.

Exclusion Criteria:

- ✗ Patient does not fit within the inclusion criteria stated above.
- ✗ Patient is under the age of 16 years.
- ✗ Unhealed surgical wounds.
- ✗ Resting systolic blood pressure \geq 180mmHg and/or diastolic blood pressure \geq 100mmHg.
- ✗ Uncontrolled/unstable angina.
- ✗ New or uncontrolled arrhythmias.
- ✗ Uncontrolled resting tachycardia \geq 100bpm.
- ✗ Unstable diabetes.
- ✗ Unstable/acute heart failure.
- ✗ A recent (within last 6 months) significant change in a resting ECG, recent myocardial infarction or other acute cardiac event.
- ✗ Acute/uncontrolled psychiatric illness.
- ✗ Symptomatic hypotension/patient experiences significant drop in BP with exercise.
- ✗ Experiences pain, dizziness or excessive breathlessness during exertion.
- ✗ Febrile illness.
- ✗ Active foot problem, e.g. ulceration.
- ✗ Established cerebro-vascular disease.
- ✗ Any unstable/uncontrolled condition.
- ✗ Advanced cancer & end of life.

Group exercise classes are held twice weekly at the following venues:

- **North Solihull Sports Centre: Wednesday 2-3pm and Friday 12.30-1.30pm.**
Address: Conway Road, Chelmsley Wood, Birmingham, B37 5LA
Contact Number: 0121 770 3822.
- **Tudor Grange Leisure Centre: Tuesday 2-3pm and Thursday 2-3pm.**
Address: Blossomfield Road, Solihull, B91 1NB.
Contact Number: 0121 705 6371.

Classes consist of a gentle circuit-based routine involving cardiovascular, lower body and upper body exercises. They are suitable for all abilities and the exercises will be adapted to individual needs and fitness level. Classes cost £2.50 per session and can be booked in advance by contacting the venues directly.

Patients must bring the completed referral form with them to their first exercise class and should arrive 15 minutes early in order to be registered and have a preliminary pre-screening conversation with the exercise professional.



The role of the health care professional:

- To make a referral into the scheme taking into account the inclusion and exclusion criteria provided, and to retain **overall clinical responsibility** for the individual patient.
- By making the referral to the scheme the health care professional **is not assuming responsibility for the administration or delivery of the programme.**
- In line with exercise referral guidelines “there must be meaningful transfer of relevant information to the person who will be conducting the exercise intervention. **The responsibility to ensure that this happens rests with the referring clinician**, who will make a professional judgement as to what information must be disclosed to the exercise professionals to enable them to tailor a safe and effective exercise programme that will meet the needs of the patient or client.” (NQAF, 2001).

The role of the exercise professional:

The cancer rehabilitation exercise professionals are responsible for the safe and effective management, and the design and delivery of the exercise programme. All of the exercise professionals working within the scheme are level 4 cancer rehabilitation exercise specialists, level 3 exercise referral specialists, REPs registered and committed to on-going CPD. They also have the necessary skills and experience to support individuals with chronic health conditions.

In all cases if there are any queries or if any further information is required referring health professionals and exercise referral professionals should communicate directly with each other (please see previous page for all contact details).

The role of the patient:

Responsibility for participating in the exercise programme and following the programme design and guidance rests with the participant. Patients must give their **informed consent** within the limit of their competence to do so, whatever that limit may be, and to the best of their knowledge. Informed consent must be obtained from a carer or another appropriate person if the participant's competence to give informed consent is limited.

In the case of any other health professionals identifying potential patients that may benefit from participating in the scheme, an informal referral may be made to GP practices recommending inclusion into the scheme.

Individual Exercise Programmes - DocSpot

If a patient would prefer to take part in an individualised exercise programme then you can directly refer someone onto the DocSpot Exercise Referral Scheme. As the referrer you would be required to again fill out the referral form and follow the procedures outlined in the flow diagram on the first page.

The DocSpot scheme is an opportunity for individuals aged 16 and over, who live or work in Solihull, and suffer from mild/moderate health conditions to improve their health through physical activity. The 12 week scheme is available at local leisure providers and is led by fully qualified exercise referral instructors. Each patient will have an induction with a cancer rehabilitation exercise professional, who will design an appropriate individualised physical activity programme. All protocols used within this scheme represent the current best-known practice and meet with national guidance from the Department of Health and NICE. Individuals attending the DocSpot sessions are also charged at a rate of £2.50 per session.



Further Information:

Following on from the 12 week programme, participants will be informed of further local opportunities to participate in physical activity in order to support long-term behaviour change. The value and effectiveness of the scheme is monitored using uptake information, attendance figures and patient feedback at 12 weeks, 6 months and 12 months.

Confidentiality and Data Protection:

Information will be held by Solihull MBC and our service delivery partners Parkwood Community Leisure in accordance with the Data Protection Act 1998. It will be used to evaluate the activities organised and show funders that we offer value for money. Some of the information will also be used to monitor and evaluate the effectiveness of our service against agreed outcomes.

Contact details:

If you require any further information or would like to request additional referral forms and patient information leaflets please contact the Solihull Active team on 0121 704 8207 or email: solihullactive@solihull.gov.uk.

