

Ref: FOI/GS/ID 7648

Please reply to:
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Freedom of Information Act 2000

I am writing in response to your request for information made under the Freedom of Information Act 2000 in relation to prehabilitation services.

You asked:

Q1) a) Do you currently offer any prehabilitation services to patients undergoing surgery within your trust?

Q2) In your trust, In the year prior to covid (Jan – Dec 2019) how many patients participated in a dedicated prehabilitation program prior to surgery?

Q3) What components of prehabilitation are currently offered to patients prior to surgery within your trust and how are they delivered?

Q4) How long do patients undergo prehabilitation prior to surgery within your trust?

Q5) What outcome measures are collected on the efficacy of the prehabilitation program that your patients undertake prior to surgery? (please detail below)

Q6) Does the prehabilitation program that that your patients undertake prior to surgery involve the use of digital technologies to augment the program? (e.g., Digital apps, wearable fitness trackers)

Q7) What effect has the covid-19 pandemic impacted your service?

Q8) Are there any plans to implement a prehabilitation service prior to surgery within your trust in the next year in any of the following specialities?

Trust response:

The completed answer sheet is attached to this email.

Q1)

a) Yes

b) Orthopaedics

c) Occupational Therapists and physiotherapists have been providing pre-operative education and assessment for patients awaiting elective hip and knee replacements for over 15 years. In 2011, formal pre-operative educational groups were introduced and formed part of the Elective Rehabilitation Pathway. From March 2020, these groups were suspended due to the COVID-19 pandemic and telephone assessments were completed as an interim alternative to groups.

d) Exact number unknown however an estimate can be deducted using the number of groups facilitated for the years between 2011 and 2020 (see below). This does not capture the number of patients pre-2011 or since the COVID-19 pandemic.

| | Max Total patients per week | Max total patients per year | Total from 2011-2020 |
|------------|-----------------------------|-----------------------------|----------------------|
| Hip group | 12 | 624 | 5616 |
| Knee Group | 12 | 624 | 5616 |
| | | | 11,232 |

Q2) > 100

Q3) Medical/Behavioural Optimisation (e.g., Smoking cessation, alcohol reduction)

Offered? Yes

Provided in Hospital remote

Please describe what medical optimisation components are offered.

Physician review

Smoking cessation

Alcohol intake review

Physical Exercise

Offered? Yes

Provided in Hospital face to face

Hospital remote

Purpose of Enhanced recovery programme explained and patients informed of the discharge pathways and timeframes to manage expectations of routine length of stay.

Occupational Therapists provide education relating to post-operative precautions and the impact this may have on Activities Of Daily Living. Individual OT assessment completed to discuss each patient's home environment and provide advice on home safety and maintaining independence. This includes provision of equipment pre-operatively and early identification of potential care needs in order to keep length of stay to a minimum.

Physiotherapists provide education relating to pre-operative exercises to optimise strength and balance prior to surgery and advice around the importance of early mobilisation and achieving range of movement post-operatively. The physios also discuss pain management and risks associated with lack of movement i.e. DVT, reduced range of movement etc.

All of the information provided during therapy pre-assessment is supplemented with a booklet containing the information in written format.
✓ **Less than once a month** (Pre- operative input from therapies is usually a one-off assessment).

Please describe type of exercise prescribed.

Range of movement, strengthening and balance exercises demonstrated by physiotherapists during group. Supplementary booklet provided to each patient which contains copy of exercises for self-directed practice at home in preparation for surgery.

Since groups suspended in 2020 due to COVID-19 pandemic, exercises provided in booklets and therapists ensure this information has been received during a telephone assessment.

Nutritional Support

Offered? Yes

Provided in Hospital remote

Written information included in pre-operative booklets to explain importance of healthy balanced diet and need for pre-op drinks on day of admission

✓ **Less than once a month**

Psychological Support

Offered? No

Q4) This varies between patients as the Trust Clinical Admin Unit manage admissions and booking into therapy pre-operative clinics. Therapy education and assessment takes place a maximum of one year leading up to surgery. If a patient is waiting longer than one year for surgery, they should receive a repeat therapy assessment.

Q5)

None at present

Q6)

None at present

Q7) Adaptation of existing service (eg. Change to remote service from face to face)

Q8) Upper Gastrointestinal