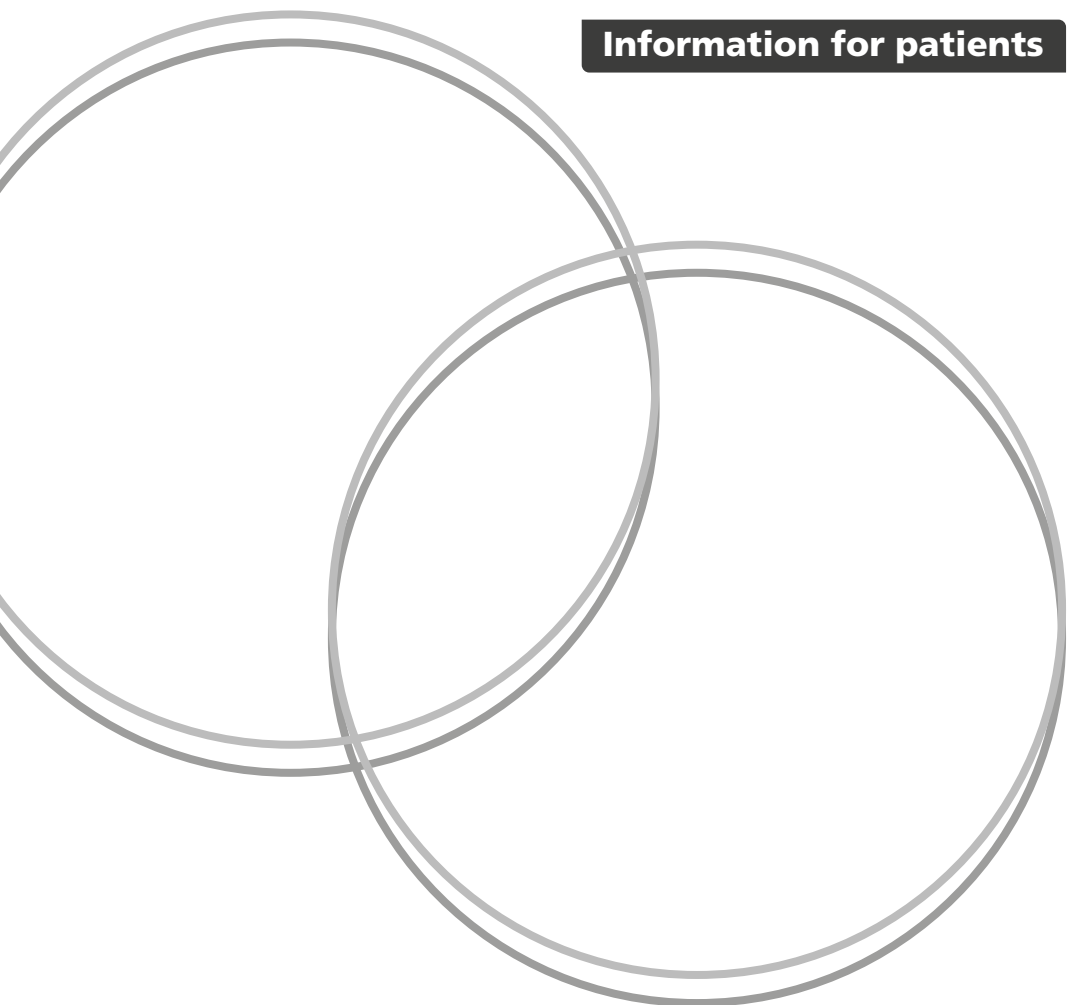




Oxford University Hospitals
NHS Foundation Trust

Thoracic Surgery Prehabilitation Programme for Patients Preparing for Lung Surgery

Information for patients




What is prehabilitation?

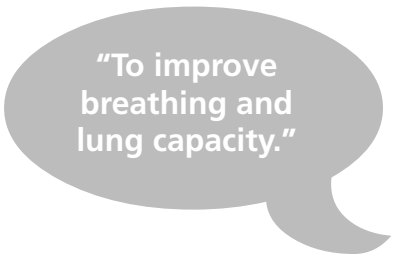
Preparing for surgery (Prehabilitation) aims to maximise someone's overall general health and exercise level to allow them to withstand its effects better. It can help you recover quicker, reduce the risk of complications, and shorten the length of time you need to spend in hospital. Preparing begins as soon as possible and many people are happy to know they can do something whilst they are waiting.

Other benefits of prehabilitation:

- improve emotional wellbeing
- improve nutritional health
- provide a sense of control and purpose
- enhance quality of life
- promote long-term positive health behaviour.



"I wanted to get the fittest I could before my operation."



"To improve breathing and lung capacity."

What is offered as part of the prehabilitation programme?

The programme consists of an initial review, weekly in-person exercise sessions, tailored to your abilities and goals, a single education class and a final review. They start from the time of your referral up until your surgery, then can continue for up to eight sessions after your surgery.

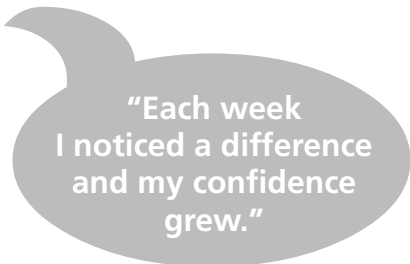
During the education session you will learn more about:

- preparing for and undergoing surgery
- ways to help your recovery during your inpatient stay and beyond
- the benefits of exercise and recommendations
- ways to manage anxiety
- stopping smoking
- financial support and benefits
- dietary advice
- cancer support, if applicable.

The exercise sessions will help you develop greater control over any breathlessness you may have. They can help you feel more able to manage activities such as climbing stairs, shopping, walking or hobbies you may have, both before and after surgery. It can help you know your limits, gain confidence, and know how to exercise for future health safely and effectively. You will also have the chance to meet other individuals having, or having had, lung surgery to potentially develop a social network, which can be uplifting and motivating.



"I really enjoyed my sessions in the gym, it was nice to talk to others going through the same as me and I found the whole thing uplifting."



"Each week I noticed a difference and my confidence grew."

What tests will I need to do before I take part?

You will be assessed prior to beginning your exercise programme and we will go through your current abilities and goals. We may measure your blood pressure, oxygen levels, muscle strength and walking ability.


When and where are the classes held?

The classes are held at Rose Hill Community Centre, Carole's Way, Rose Hill, Oxford, OX4 4HF. It is fully accessible and there is a lift in the main reception /café area.


There is free parking, including disabled spaces and electric vehicle bays.

The Community Centre can be accessed via the number 3 bus from Oxford City Centre and Blackbird Leys, or the number 45 from Abingdon/Berinsfield.

If you are unable to attend the classes, we can provide a home exercise programme for you, or signpost you to local activities. We can also provide the education session via a video call.



"I'd recommend it to anyone going into surgery."

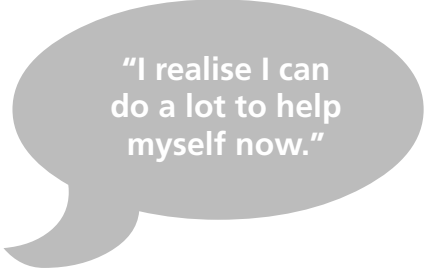


"I was so happy to have improved so much."

Who can I contact for more information?

Please contact the Thoracic Surgery Rehabilitation Team if you are interested or wish to discuss anything further information. You can self-refer to this programme.

Telephone: **01865 221 736** or **01865 223 874**



"I realise I can do a lot to help myself now."

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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CANCER SUPPORT**

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