**Population health case studies (12)**

**Prehab in the Lung Cancer Screening Programme**

**What was the issue we were trying to resolve/why was it needed?**

“Prehab” or “prehabilitation” is proactive healthcare to enable and support patients to be ready and in the best possible health before operations, to optimise recovery and outcomes. Prehab has not historically been incorporated into routine cancer care in services across Lancashire and South Cumbria. In the case of some types of cancer there were limited offers, but there was a lack of standardised access to prehabilitation services within hospitals for patients needing to improve fitness prior to treatment, or to support them during treatment.

Prehab can improve cancer outcomes offering the following patient benefits:

* Improved Quality of life
* Reduce in length of stay
* Reduced post operative complications
* Help people prepare for treatments and improve recovery
* Reduce side effects of some treatments and a better tolerance of some treatments
* Impacts long-term health through a positive behaviour change

**Who was it aimed at?**

Patients local to the area who were on a cancer pathway – diagnosed with or having treatment.

**Summary of the project**

We have partnered with the eight English League Football Clubs to offer a weekly one-hour exercise session followed by one-hour wellbeing session supported by the trusts local Macmillan information and support service. Delivery is out of hospitals in a less stressful environment mostly at the football clubs. We have supported the clubs with expert cancer confidence training, produced club specific advertising and access to a prehab expert

**Who was involved – partnership approach for example?**

ICB Cancer Alliance, Trusts in the system, all English League football clubs.

**When did it start/finish (is it ongoing)?**

It began in 2025 and is ongoing.

**What area was/is it delivered in?**

In all the English League football club, which amounts to 8 clubs in the Lancashire and South Cumbria area. These have a geographical spread across all our places.

**How did the team go about delivering it?**

**What were the main outcomes/impacts for people?**

The project will be fully evaluated by one of our universities. The full report will be available at the end of the pilot in 2026. Some initial feedback from patients is included below. The scheme has also featured on local, regional and national news including BBCs The One Show.

**Are there any comments/statements from people it helped?**

* I always feel positive and upbeat after the session-feel good hormones
* It's a time to forget cancer so gives mind a rest
* My confidence and self-esteem are back. I feel as though I am not judged as I am very bloated due to a fluid build-up. The social side has been amazing. It's a link to my cancer buddies. People who understand. I do feel fitter than at Christmas. It's made me more determined and stronger. At home, as I have some neuropathy, I have been doing finger exercises and ankle exercises that I wouldn't have done. I have feeling back in my pelvic area.
* Specific exercises have helped me with additional problems from treatment and diagnosis including improved bowels, less trapped wind and stress incontinence.
* It has been major for me to be part of a group. There are good dynamics, being part of a supportive environment and being part of a group has been important. It nudges me in the right direction, it helps me overcome my fears and anxieties. I feel part of a team. it makes me feel part of the community as the club is invested in this. My psychological and physiological well - being is on the up and this is a part of that.