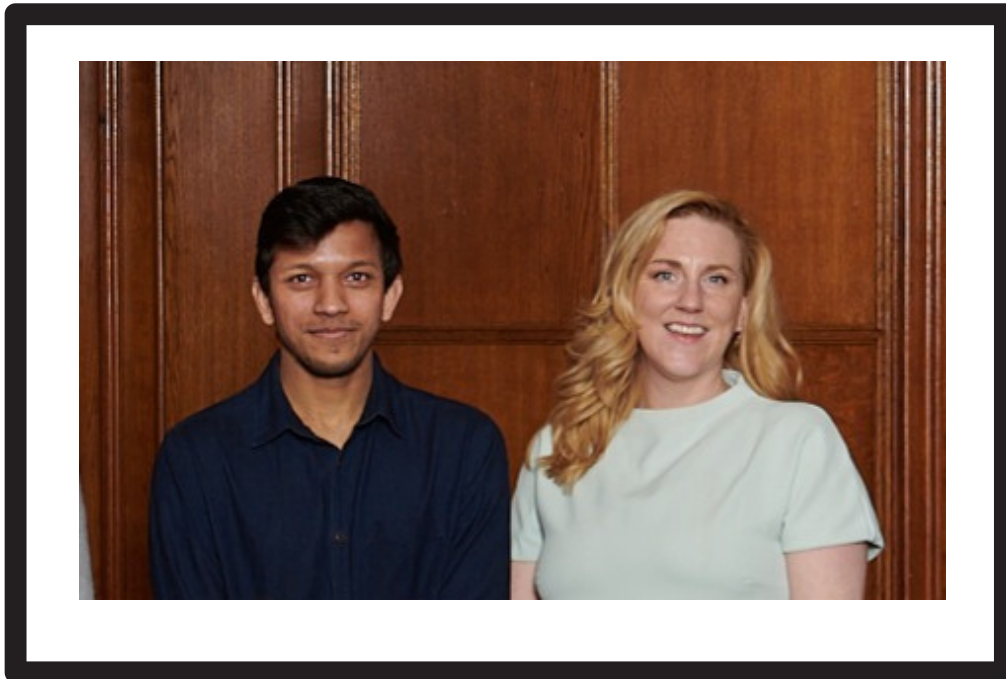


I-PREHAB NEWSLETTER

Issue 4



Akhilesh Ramachandran, Research Associate & Sherina Lowe, Research Assistant



Welcome from Professor Shea Palmer

Welcome to our first Newsletter of 2025. Since our last update, we have very been busy meeting people throughout Wales as part of our project to co-produce the I-Prehab education package. There have been many thought-provoking and insightful comments from participants affected by cancer, as well as from cancer care workers. That information is feeding into the development of the I-Prehab training, and you can learn more in this issue of our Newsletter.

We are very happy to report that our funders NIHR have been very positive regarding our work to date. They would like to pass on thanks to the I-Prehab Community and everyone who has contributed to the collection and interpretation of data and the dissemination of results.

We say a very fond farewell to two of our colleagues who have provided valuable data and support for our I-Prehab project. Find out more about Akhilesh and Sherina, and we wish them well.



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I-Prehab Co-Production – Progress (Phase 3)

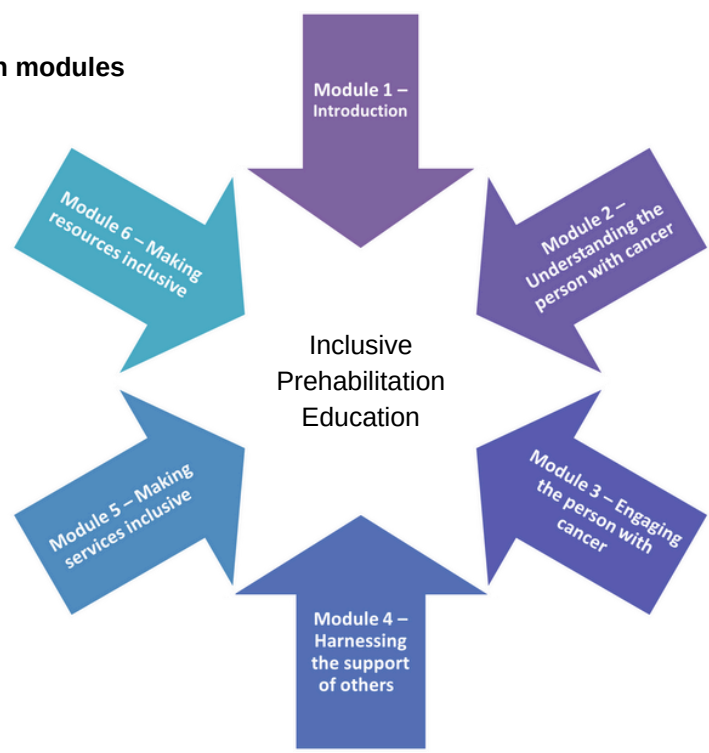
The purpose of Phase 3 of the I-Prehab project is to coproduce the I-Prehab education package. Co-production means working together with people who use health and care services, carers and communities. We’ve been talking to community groups to find out what makes it easier for people from different backgrounds to access and take part in cancer prehabilitation.

Between November and December 2024, we conducted seven workshops and four interviews with community groups across North and South Wales. We talked to over 70 people from different backgrounds, including members of cancer support and community groups. We learned how cancer care workers can help people understand the importance of prehabilitation and make it relevant to their lives. From these discussions, we identified priorities to improve access and engagement with Prehab and developed six educational modules to support inclusive Prehab (Figure 1).

We are now conducting workshops with cancer care workers, people affected by cancer, and community representatives to refine the education modules. These refinement workshops will guide modification of the I-Prehab content so that it is suitable for cancer care workers finding ways to support inclusive prehabilitation.

To date, we have conducted three refinement workshops and have another two planned before a final workshop at the end of March 2025 to agree on the final content.

Figure 1: I-Prehab education modules



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I-Prehab Training Package

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We are very excited to now be in the process of developing the I-Prehab training for cancer care workers. We have been working closely with our digital designers (Savage & Gray) on a series of animations that will be incorporated into the training. These include people talking about their experiences of factors affecting access to and engagement with cancer prehabilitation. Our characters represent a range of ethnic and socioeconomic groups (see images below).



We also have animations that summarise the main learning points for cancer care workers who are undertaking the training. Relevant images for those animations are shown below.



The training will also include slides with more detailed content and the research team are busy developing those. It is very exciting to see all the learning from earlier stages of the research being incorporated into these resources. We look forward to seeing how this training can make prehabilitation much more inclusive for everyone with cancer.

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Meet the I-Prehab team – Akhilesh Ramachandran, Research Associate

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Akhilesh completed his degree in Electrical & Electronics Engineering in 2015. He then worked for Sports Dynamix in India for more than six years focusing on strength and conditioning. In the I-Prehab project, Akhilesh led data collection at Swansea Bay University Health Board's lung prehab clinic and is currently working on analyzing the data collected across various sites that offer prehab to cancer patients.

What makes I-Prehab a great project to work on?

The idea of making prehab more accessible to people from various socioeconomic and ethnic backgrounds is a novel aspect of the project that makes it a very interesting project to work on.

What do you do in your spare time?

Akhilesh is currently pursuing a full-time PhD in Biomechanics that he hopes to complete by the end of 2025. Akhilesh likes to travel and explore new places if he has some time off work. He also travels to his home in India every year. With any time left he hikes during the weekend if the weather is nice (not rainy!).



Meet the I-Prehab team - Sherina Lowe, Research Assistant

Sherina spent over 20 years as a hairdresser before deciding to pursue a new path in health psychology. While she had prior research experience from her undergraduate studies, her role at I-Prehab marked her first official employment as a Research Assistant.



In the I-Prehab project, Sherina was primarily responsible for collecting data at Betsi Cadwaladr University Health Board's prehab clinic in Wrexham. This role involved observing healthcare staff as they interacted with patients, conducting interviews with both staff and patients, and facilitating focus groups. The experience allowed her to gain valuable insights into the healthcare environment and later sharpen her data analysis skills.

What makes I-Prehab a great project to work on?

Sherina thoroughly enjoyed working on the I-Prehab project. Sherina said she had the opportunity to connect with amazing individuals. The interactions observed and the data that she helped to collect has aided in her understanding of healthcare dynamics and the importance of patient-staff relationships and being inclusive. Sherina says she feels incredibly grateful to have been part of such a meaningful project.

What do you do in your spare time?

Sherina recently started a fully funded PhD studentship in October 2024, which has kept her quite busy. Although her time with the I-Prehab project is coming to an end, she will carry the incredible experiences and relationships she has built with her as she embarks on this new academic journey. Sherina would like to extend her heartfelt gratitude to Professor Jane Hopkinson for giving her the opportunity and to everyone involved for making this experience so memorable. Thank you all!

If you'd like to add anything to a future newsletter, either something to share or in response to something in this issue please email - I-Prehab@cardiff.ac.uk

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