

# I-PREHAB NEWSLETTER

*Issue 2*



## Meet the Research Team!

From left to right - Akhilesh Ramachandran, (Research Associate), Alexandra Mitchell, (Research Associate), Sherina Lowe, (Research Assistant), Manasi Patil, (Research Assistant)

## I-Prehab Progress Update

The I-Prehab Project commenced in April 2023.

### Part 1: Systematic review

We have completed a search of the literature to find out what is already known about barriers and facilitators of access, acceptance and adherence to cancer prehabilitation.

We have written up our findings and submitted this as a scientific paper for publication in the Journal of Cancer Survivorship. The findings will be reported in an oral presentation at the forthcoming meeting of the Multinational Association of Supportive Care in Cancer which will be held in Lille, France at the end of June. This annual meeting is the foremost international and interdisciplinary conference on supportive cancer care.



FUNDED BY

**NIHR** | National Institute for  
Health and Care Research

# I-PREHAB NEWSLETTER

*Issue 2*

## Part 2: Case study research

This part of the research involves finding out about prehab currently offered to cancer patients across Wales.

NHS ethics approval was obtained for the I-Prehab case study research and site approvals are now in place for four of the Welsh NHS Health Boards and Trusts.

Data collection started in November 2023, involving observations of prehab consultations, interviews with patients and the clinical team, and focus groups with cancer care workers. The first two sites to start data collection, Cardiff & Vale University Health Board (UHB) and Velindre University NHS Trust, have now successfully completed participant recruitment (20 patients per site). Participant recruitment and data collection commenced at a third site, Swansea Bay UHB, in February 2024.

Recruitment and data collection are being carried out at Cardiff & Vale by Alex Mitchell, I-Prehab Research Associate, at Velindre Cancer Centre by, Manasi Patil, I-Prehab Research Assistant, and at Swansea Bay by Akhilesh Ramachandran, I-Prehab Research Associate.

By end of March, in total across all sites, 48 patients had provided informed consent to participate in the research, and observations of their prehab consultations had been carried out by members of the research team. In addition, research interviews had been completed with ten of these patients. Focus groups with cancer care workers at Cardiff & Vale UHB and Velindre Cancer Centre have also taken place, generating interesting discussion about how prehab is and should be implemented within cancer services.



## Meet the Research Team

Dr Alexandra Mitchell, I-Prehab Research Associate

I qualified as a Dietitian in 2011 from Cardiff Met (University of Wales Institute, Cardiff as it was then), and I worked as a clinical dietitian at Weston General Hospital and then at Southmead Hospital, Bristol a regional major trauma centre. In 2017, I completed a master's in clinical research at the University of Plymouth and went on to do a PhD at the University of Bristol. For my PhD, I carried out research on dietary advice and management for people with an ileostomy (a stoma formed from the small bowel).

I have been working as a researcher at Cardiff University on the I-Prehab Project since May 2023. I enjoy working with a large multi-disciplinary team on a project with potential to help more people with cancer receive the support they need to prepare for treatment or surgery.

In my spare time, I enjoy playing hockey and getting outdoors in the countryside. I have a 3-month-old whippet puppy who is an adorable troublemaker!



FUNDED BY

**NIHR** | National Institute for  
Health and Care Research

# I-PREHAB NEWSLETTER

*Issue 2*

Thank you to Mal who has kindly shared a poem which he wrote as part of a Tenovus writing group for people living with cancer. Mal has joined the I-Prehab Community, a network of people affected by cancer who support the project.

## **The Group**

Can I see any other way  
We would have met  
Or was it fate  
That took a hand  
And made us form  
This band?

With a strand that  
That runs through us  
It's not our DNA  
Or the things we say  
It's a word that  
Strikes fear when heard for  
The first time

We have crossed that  
Timeline  
Between who we were  
And who we are  
We have come so far

Now it's time to make  
A stand  
This band will now  
Show its hand  
And take back  
Who we were

Before a word filled  
With fear  
Tries to change who  
We are forever.



We welcome further contributions to the newsletter, so if you have something to share, please email [I-Prehab@cardiff.ac.uk](mailto:I-Prehab@cardiff.ac.uk)

FUNDED BY

**NIHR** | National Institute for  
Health and Care Research

*I-Prehab@cardiff.ac.uk*