

Cancer Rehab Exercise Scheme

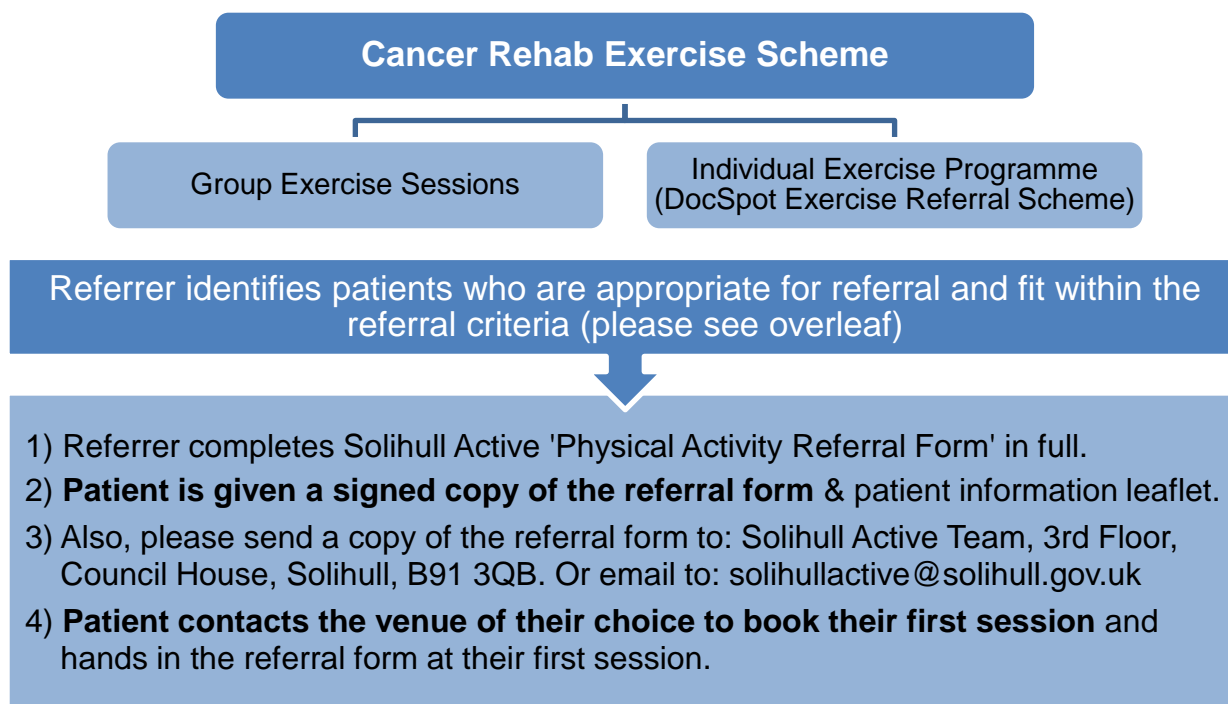
Health Professionals Information

This scheme is a part of the Active Wellbeing Hub which offers high quality physical activity programmes with specialist advice and expertise.

Solihull's Cancer Rehab aims to introduce cancer patients and survivors to the benefits of regular physical activity and aid their recovery. The group exercise sessions are specifically designed for individuals who have been affected by cancer and whose quality of life can be maintained or improved through taking part in regular physical activity. The programme is delivered by specialist Cancer Rehab qualified exercise professionals at Solihull's two leisure centres.

Cancer Rehab is a referral-based programme that can accept referrals for patients that have been diagnosed with **any cancer type** and are **pre-treatment, undergoing treatment or post-treatment**. To cater for a wide range of patients the scheme also includes an individual exercise pathway as well as the group exercise pathway.

To join the Cancer Rehab programme, patients must have a fully completed Solihull Active 'physical activity referral form' signed by a clinician.



Referring clinicians have the choice of using an electronic format or carbon copy versions of the patient referral form and patient information leaflets are available. Please contact solihullactive@solihull.gov.uk for referral forms and leaflets.

Patients can take part in the Cancer Rehab programme for as long as they want to.

- **North Solihull Sports Centre: Mondays 12.30-1.30pm & Wednesdays 2-3pm, £3.00**
Address: Conway Road, Chelmsley Wood, Birmingham, B37 5LA. Call: 0121 770 3822.
- **Tudor Grange Leisure Centre: Wednesdays 12.30-1.30pm, £3.50 per session.**
Address: Blossomfield Road, Solihull, B91 1NB. Call: 0121 705 6371.



Sessions consist of a gentle circuit-based routine involving cardiovascular, lower body and upper body exercises. They are suitable for all abilities and the exercises will be adapted to individual needs and fitness level. Sessions can be booked in advance by contacting the venues directly.

Patients must bring their completed referral form with them to their first exercise session and should arrive 15 minutes early in order to be registered and have a preliminary pre-screening conversation with the exercise professional.

Referral Criteria

Inclusion Criteria:

- ✓ Clinical diagnosis of cancer.
- ✓ Patient is at one of the following stages of the cancer journey:
 - Pre-treatment.
 - Undergoing treatment.
 - Post-treatment.

Exclusion Criteria:

- ✗ Patient does not fit within the inclusion criteria stated above.
- ✗ Patient is under the age of 16 years.
- ✗ Unhealed surgical wounds.
- ✗ Resting systolic blood pressure $\geq 180\text{mmHg}$ and/or diastolic blood pressure $\geq 100\text{mmHg}$.
- ✗ Uncontrolled/unstable angina.
- ✗ New or uncontrolled arrhythmias.
- ✗ Uncontrolled resting tachycardia $\geq 100\text{bpm}$.
- ✗ Unstable diabetes.
- ✗ Unstable/acute heart failure.
- ✗ A recent (within last 6 months) significant change in a resting ECG, recent myocardial infarction or other acute cardiac event.
- ✗ Acute/uncontrolled psychiatric illness.
- ✗ Symptomatic hypotension/patient experiences significant drop in BP with exercise.
- ✗ Experiences pain, dizziness or excessive breathlessness during exertion.
- ✗ Febrile illness.
- ✗ Active foot problem, e.g. ulceration.
- ✗ Established cerebro-vascular disease.
- ✗ Any unstable/uncontrolled condition.
- ✗ Advanced cancer & end of life.

Further Information

Confidentiality and Data Protection: Information will be held by Solihull MBC and our service delivery partners Everyone Active in accordance with the Data Protection Act.

It will be used to monitor and evaluate the effectiveness of the service against agreed outcomes. The value and effectiveness of the service is also monitored using uptake information, attendance figures and patient feedback.



Roles & Responsibilities

The role of the health care professional:

- To make a referral into the scheme taking into account the inclusion and exclusion criteria provided, and to retain **overall clinical responsibility** for the individual patient.
- By making the referral to the scheme the health care professional **is not assuming responsibility for the administration or delivery of the programme.**
- In line with exercise referral guidelines “there must be meaningful transfer of relevant information to the person who will be conducting the exercise intervention. **The responsibility to ensure that this happens rests with the referring clinician**, who will make a professional judgement as to what information must be disclosed to the exercise professionals to enable them to tailor a safe and effective exercise programme that will meet the needs of the patient or client.” (NQAF, 2001).

The role of the exercise professional:

The cancer rehabilitation exercise professionals are responsible for the safe and effective management, and the design and delivery of the exercise programme. All the exercise professionals working within the scheme are level 4 cancer rehabilitation exercise specialists, level 3 exercise referral qualified and committed to on-going CPD. They have the necessary skills and experience to support individuals with chronic health conditions.

In all cases if there are any queries or if any further information is required referring health professionals and exercise referral professionals should communicate directly with each other (please see page 1 for venue contact details).

The role of the patient:

Responsibility for participating in the exercise programme and following the programme design and guidance rests with the participant. Patients must give their **informed consent** within the limit of their competence to do so, whatever that limit may be, and to the best of their knowledge. Informed consent must be obtained from a carer or another appropriate person if the participant's competence to give informed consent is limited.

In the case of any other health professionals identifying potential patients that may benefit from participating in the scheme, an informal referral may be made to GP practices recommending inclusion into the scheme.

Individual Exercise Programmes - DocSpot

If a patient would prefer to take part in an individualised exercise programme then you can directly refer someone onto the DocSpot Exercise Referral Scheme. As the referrer you would be required to again fill out the referral form and follow the procedures outlined in the flow diagram on the first page.

The DocSpot scheme is an opportunity for individuals aged 16 and over, who live in Solihull or have a Solihull GP, and suffer from mild/moderate health conditions to improve their health through physical activity. To find out more about the DocSpot scheme please visit: <https://solihullonthemove.co.uk/docspot-exercise-referral/>

Contact details: If you require any further information, referral forms or patient leaflets please contact the Solihull Active team on 0121 704 8207 or solihullactive@solihull.gov.uk

