

Project scope: Digital support for the delivery of cancer prehabilitation

24 October 2023

Research question

What evidence is there on the clinical and cost effectiveness and patient acceptability of digitally supported prehabilitation programmes for patients with a cancer diagnosis prior to definitive treatment?

What is the evidence around any barriers and facilitators of accessing digitally supported prehabilitation options in this cohort?

Inclusion criteria

The selection of studies for inclusion in the literature review element of the project will be based on the following criteria:

Population	Patients with a recent cancer diagnosis (pre definitive treatment)
Intervention	Prehabilitation interventions relating to nutrition or exercise programs with a digital element in their delivery (including, apps, telehealth, wearable devices etc.)
Comparator	Prehabilitation without a digital element and/or usual care
Outcomes	<ol style="list-style-type: none">1. Cost effectiveness outcomes<ul style="list-style-type: none">• Increase in curative treatment rates• Unexpected hospital readmissions• Length of post-operative hospital stay• Post-operative complications• Cancellation/delayed treatment (chemo, radiotherapy, surgery including cancellations on day of surgery)2. Clinical effectiveness outcomes<ul style="list-style-type: none">• Clinically significant improvements in frailty, malnutrition, overweight/obesity, or physical fitness• smoking cessation rates• alcohol reduction• Quality of life

	3. Engagement with services/prehabilitation 4. Patient reported outcomes
Limits	English language Patient cohort 16 years +

Planned activities

SHTG have agreed on the following activities to support the development of an assessment on digitally supported prehabilitation in cancer:

1. Evidence review of the published literature on the clinical effectiveness, cost effectiveness, clinical and patient acceptability and patient access to prehabilitation programmes within cancer with a digital delivery/support element.
2. Plain language version of the evidence review.
3. Engagement with clinical experts through peer review.
4. Economic modelling

End products

At the end of the project, SHTG will publish:

- SHTG Assessment
- Plain language summary

Timescales (approximate)

January 2024