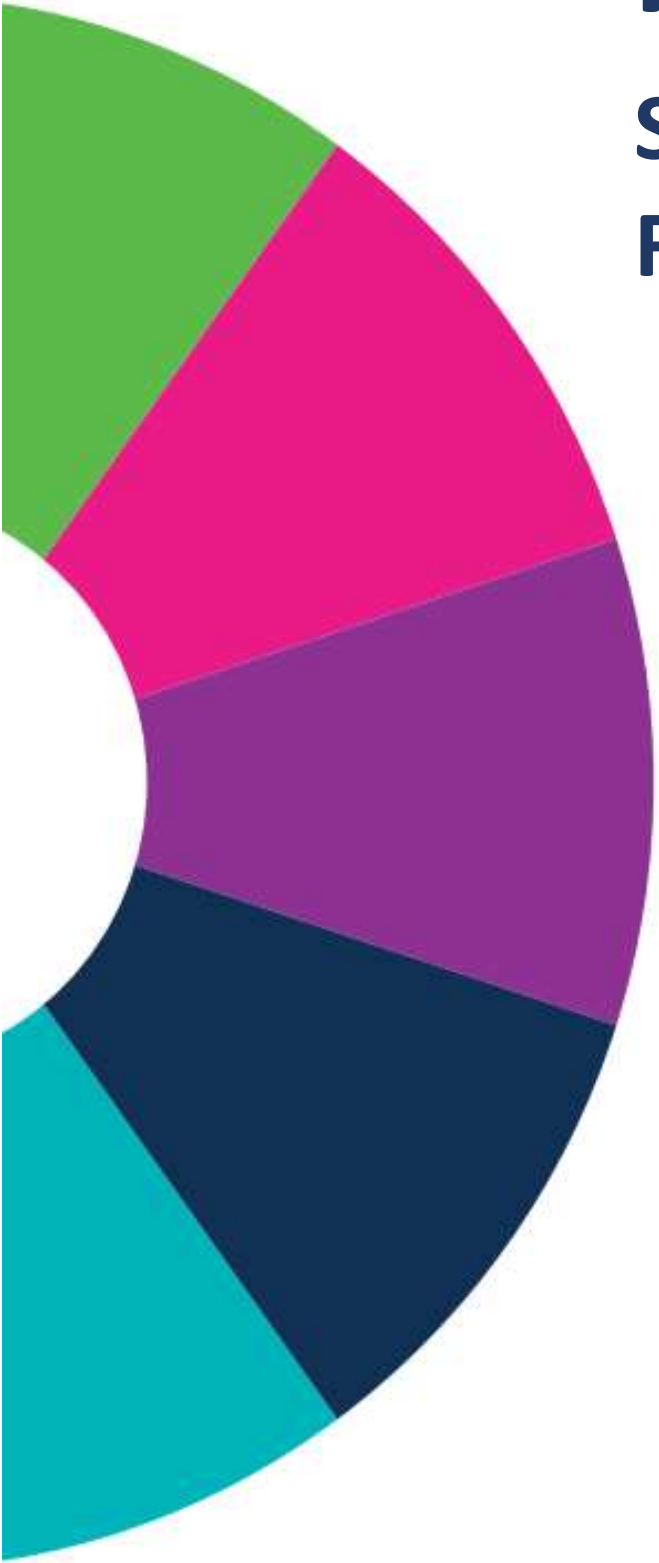




# **Prehabilitation**

## **Screening Guidance For Staff**

## Physical Activity Questionnaire

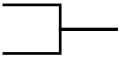
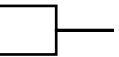
This is a self-administered questionnaire that measures a patient's functional capacity. It can be used to gain an estimate of the Metabolic Equivalent of Task (METs) – a way of measuring the intensity of exercise.

The patient circles YES / NO to the 12 questions.

Add up the numerical value for all YES answers.

Complete the equation to achieve a METs score.

### Stratification:

|              |                                                                                     |            |
|--------------|-------------------------------------------------------------------------------------|------------|
| • > 7 METS   |  | Universal  |
| • 4 - 7 METS |  | Targeted   |
| • < 4 METS   |  | Specialist |

## Nutrition Questionnaire

It is always preferable for the patient to complete the questionnaire independently, particularly in the context of their eating/intake, their symptoms (that they may not tell the family, nurse or physician but that do impact ability to eat and absorb adequate macro- and micronutrients), and functional status.

### Scoring:

Box 1 (weight history): additive

To determine score, used 1 – month weight data if available. Use 6-month data only if there is no 1-month weight data. Use points below to score weight change and add one extra point if patient has lost weight during past 2 weeks. Enter total point score in Box 1.

| Weight loss in 1 month | Points | Weight loss in 6 months |
|------------------------|--------|-------------------------|
| 10% or greater         | 4      | 20% or greater          |
| 5 – 9.9%               | 3      | 10 – 19.9%              |
| 3 – 4.9%               | 2      | 6 – 9.9%                |
| 2 – 2.9%               | 1      | 2 – 5.9%                |
| 0 – 1.9%               | 0      | 0 – 1.9%                |

Box 2 (food intake): non-additive, use highest score

Box 3 (symptoms): additive

Box 4 (Activities and Function): non-additive, use highest score

### Stratification:

0 - 1 points – universal

2- 3 points – targeted (refer for assessment)

≥ 4 points – specialist (refer for assessment)

#### Stratification resource and referral guide:

*The following is a guide for resource provision and onward referral. Teams are responsible for identifying resources and services available to them locally including community, third sector and local authority resources.*

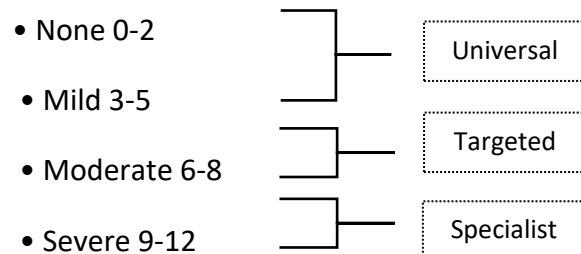
| Score | Risk     | Outcome                                                                                                            |
|-------|----------|--------------------------------------------------------------------------------------------------------------------|
| 0-1   | Low      | Sign post to national prehabilitation website.<br>Provide relevant resources as per current local pathway of care. |
| 2-3   | Moderate | Escalate back to clinical team. For assessment and targeted intervention as per current local pathway of care.     |
| ≥4    | High     | Escalate back to clinical team. For assessment and specialist intervention as per current local pathway of care.   |

## Psychological Wellbeing Questionnaire

| Over the last 2 weeks, how often have you been bothered by the following problems? | Not at all | Several days | More than half the days | Nearly every day |
|------------------------------------------------------------------------------------|------------|--------------|-------------------------|------------------|
| Feeling nervous, anxious or on edge                                                | 0          | 1            | 2                       | 3                |
| Not being able to stop or control worrying                                         | 0          | 1            | 2                       | 3                |
| Feeling down, depressed or hopeless                                                | 0          | 1            | 2                       | 3                |
| Little interest or pleasure in doing things                                        | 0          | 1            | 2                       | 3                |
|                                                                                    |            |              |                         |                  |

**Total Score =** \_\_\_\_\_

Scoring PHQ-4 total score ranges from 0 to 12, with categories of psychological distress being:



For any patients identified as 'targeted' or 'specialist':

- Refer back to the relevant member of the MDT e.g.) cancer nurse specialist, consultant.
- Where prehabilitation pathways exist for targeted and specialist assessment, please refer patients through pathway as per current practice.
- Where there is no prehabilitation service in situ, a local MDT plan should be made for onward referral, signposting to services or resources as per current practice. This must be documented within the MDT plan.