



**Peter Mac**

Peter MacCallum Cancer Centre  
Victoria Australia



Western Health



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Central Melbourne  
Integrated Cancer Service  
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# Co-designing a prehabilitation program for prostate cancer patients (Co-PreP)

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# Background

Prostate cancer most commonly diagnosed cancer among males in Australia [Australian Institute of Health and Welfare, 2017]

1 in 7 men will be diagnosed with prostate cancer by the age of 85

## Treatment results in:



- Physical health
- Psychological health
- QOL



## Prehabilitation: (Diagnosis → Acute treatment) [Silver et al.,2013, Santa Mina et al.,2018]

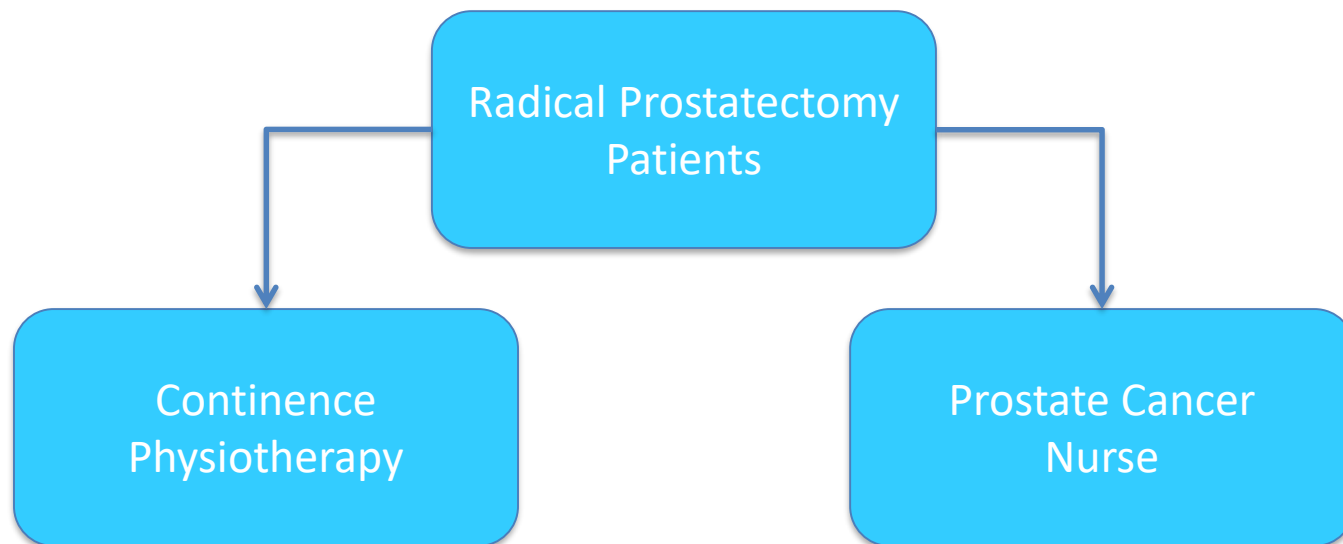


- Physical health
- Psychological health



- Post-surgical complications

# What was Western Health providing?



?Patients receiving other treatment

?Culturally and linguistically diverse patients

?No assessment or intervention for physical health

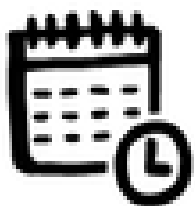


## Aims

1. Design a prehabilitation program for patients with prostate cancer
2. Identify both positive experiences and challenges prostate cancer survivors faced, as well as opportunities for improvement,



# Experience Based Co-Design (EBCD)



**1. Set the plan**



**4. Understand experiences**



**2. Engage with people**



**5. Improve through co-design**



**3. Capture experiences and ideas**

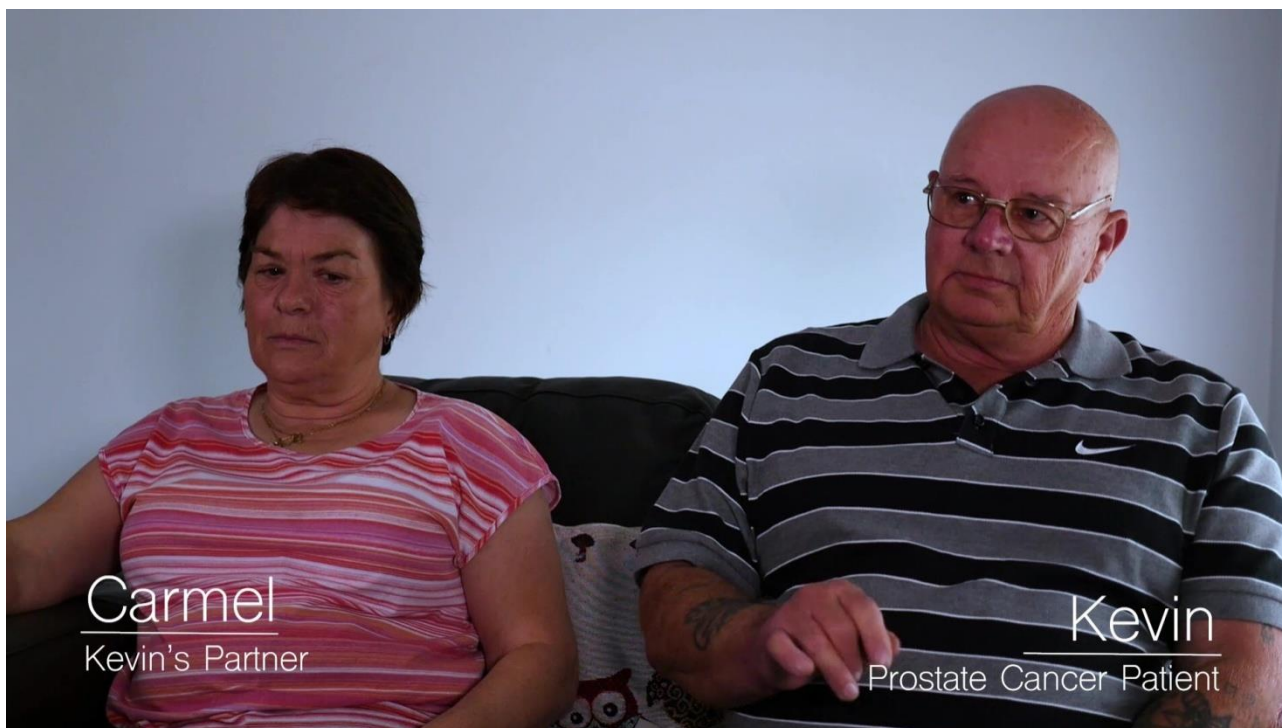


**6. Measure**

# Setting the Scene

1:1 interviews with x 3 patients

**Purpose: Facilitate workshop discussion and identification of key themes**

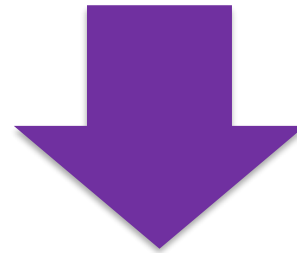


# Workshops

Patients and caregivers

CALD patients

Health Professionals



Combined - Patients, Caregivers and Health Professionals



# Key Themes

Appreciative of the care

“I honestly believe that our patients get very good care from our hospitals. Not many hospitals where run urology and oncology together.” (HP5)

“I am extremely grateful for the help that I received throughout my journey” (P2)

Timely access for Specialist Nurse and Physiotherapist

“I had been asked to exercise in preparation for surgery but had no idea how to do this. One session with the physiotherapist made a whole lot of difference” (P5)





# Key Themes

It can be lonely and stressful

“I worry. I got to think about my wife, my daughter and my kids. I worry about the family if things do not work out” (P2)

“The scary part about cancer is when you go to sleep and...the house is dead stone cold. That’s when its scary” (P8)

Prehabilitation was not consistently provided

Some information was more important than others

“I got the blue book but its was almost too much information to absorb”  
(P6)



Discussion topic	Sub-topic	Number of people				
		*1	2	3	4	5
Diagnosis	<b>What is prostate cancer?</b>				<b>6</b>	<b>6</b>
	<b>What is my outlook/prognosis?</b>				<b>3</b>	<b>9</b>
	What feelings might I have?			2	8	2
	How to tell my family/friends?	2	1	2	5	2
	What about work?	4	3	3		2
Side effects of treatment	Sexual dysfunction	4		2	3	3
	<b>Incontinence</b>				<b>6</b>	<b>6</b>
	<b>Fatigue</b>	<b>2</b>	<b>1</b>	<b>1</b>	<b>5</b>	<b>3</b>
	<b>Anxiety and depression</b>	<b>2</b>	<b>0</b>	<b>1</b>	<b>4</b>	<b>5</b>
Wellbeing	<b>Physical</b>				<b>4</b>	<b>4</b>
	<b>Emotional</b>				<b>4</b>	<b>4</b>
	<b>Carer's support</b>				<b>3</b>	<b>5</b>
Lifestyle modifications	Exercise			1	3	2
	Diet		1	4	3	2
	Alcohol			4	1	2
	Smoking	1		3	2	2

# Solution

## Development of Prehabilitation program: Co-PreP

Week 1



Week 2



## Discussion

- Feasible to utilise EBCD to develop prehabilitation program
- Enabled identification of practical improvement strategies
- Recently completed pilot
- Future directions: Effectiveness of a multi-disciplinary prehabilitation program and sustainability

# Acknowledgement

- Patients and caregivers
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- WH Cancer services
- Interpreters



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