

Lung prehabilitation



Information for patients

You are being investigated on an urgent lung pathway for investigation of possible serious conditions including cancer. Some of the resources in this leaflet are directed towards patients with a known cancer diagnosis to help improve lung health, general health and fitness. They may be useful for you while you are having investigations, in case treatment is required. If you have any other questions or concerns, please do not hesitate to speak to the team caring for you.

What is prehabilitation?

Prehabilitation helps you prepare physically and emotionally for medical procedures and potential treatments. It involves a combination of exercise, nutritional, emotional support and lifestyle changes to improve your overall fitness and health.

Physical activity

There is strong evidence that being physically active can help your health and wellbeing.

Some of the benefits of physical activity include:

- increased lung capacity
- enhanced endurance
- improved muscle mass and strength
- improved treatment tolerance and reduced treatment side effects
- improved quality of life and mood
- reduced anxiety and depression
- improved cardiovascular fitness
- reduced fatigue and improved sleep

Physical activity can take a few forms, for example going out for a walk, gardening, or even completing your daily chores. It doesn't have to be formal exercise such as cycling or running. Anything that gets you slightly out of breath will increase your fitness.

Avoiding long periods of inactivity is very important. Even small changes can help, so start slowly and aim to gradually build up activity.

Several resources, advice and links to exercise videos can be found below.



If you have concerns about getting fit, such as health conditions that impact your ability to be active, or would like further advice, please speak to your team who can refer you on to services that can support you with this.

Additional support

HM Government

The Physical activity for adults and older adults leaflet highlights some useful information around the benefits of physical activity for older adults: <https://www.gov.uk/government/publications/physical-activity-guidelines-adults-and-older-adults>

NHS Live Well

This website gives exercise guidelines and workout videos to help improve your fitness and wellbeing: www.nhs.uk/live-well/exercise/

Better Health

This website gives advice on how to improve your health including how to be more active. It includes tools and tips as well as exercise videos and links to apps and organisations that can help you get active. www.nhs.uk/better-health/get-active/

South East London Cancer Alliance (SELCA)

This website gives advice and recommendations on how to be physically active. It includes exercise videos and resources to use help you to be more active.

Scan the QR code or visit

www.selca.nhs.uk/patients-and-carers/diagnosis-and-treatment/physical-activity



Nutritional support

You may be experiencing unintentional weight loss or just want to maintain your weight while going through your investigations or treatment.

We recommend the following:

- try to eat calorie dense, high protein foods like lean meats, poultry, fish, eggs, beans and dairy products
- aim to eat smaller more frequent meals and snacks – this can be easier if you are experiencing reduced appetite
- snacks could include nuts, full fat yogurt, fruits or combine into a nutritious smoothie
- make sure you stay well hydrated with 6 to 8 cups or glasses of water a day
- try to eat nutrient dense foods, including whole grains, nuts, seeds and foods rich in vitamins and minerals, such as leafy greens and berries.
- if you are developing nausea or vomiting, taste changes or difficulty swallowing, address this with a health care professional.
- nutritional supplements can support your regular diet, but should not replace your diet – this can be discussed further with your health care professional

If your nurse or doctor feels you need specialist advice from a dietitian then a referral can be made.

Additional support

NHS Patient Webinars

This website contains useful links to advice for patients at risk of malnutrition:

www.patientwebinars.co.uk/condition/malnutrition/webinars/



NHS Eat well

This website contains links to guidelines and advice about food and food labels, including the Eatwell Guide:

www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/

If you have been advised to lose weight by a health professional you may find the NHS Lose Weight App helpful. Download it at

www.nhs.uk/better-health

Emotional support

It can be overwhelming and worrying to deal with medical investigations and treatments. You may experience a wide range of emotions, including fear, anger, anxiety and frustration. All these emotions are valid and it's important to acknowledge and process them. You can seek support from family or friends – sharing your thoughts and feelings will help you.

If you need additional support, speak to your nurse who can advise you on the professional support available.

Additional support

Improving Access to Psychological Therapies (Talking Therapies)

Talking therapies (free mental health services). This service offers talking therapies for people experiencing depression, general anxiety and worry, health anxiety, panic attacks, social anxiety, traumatic memories and obsessive compulsive disorder. They also offer help with other problems including living with long term conditions.

- Southwark Talking Therapies:
www.talkingtherapiessouthwark.nhs.uk or 020 3228 2194
- Lambeth Talking Therapies: www.lambethtalkingtherapies.nhs.uk
or 020 3288 6747



- Lewisham Talking Therapies:
www.lewishamtalkingtherapies.nhs.uk or 020 3228 1350
- Bromley Talking Therapies: www.talktogetherbromley.co.uk or 0300 003 3000
- Greenwich Talking Therapies:
www.oxleas.nhs.uk/greenwich-time-to-talk or 020 3260 1100
- Croydon Talking Therapies: www.croydontalkingtherapies.nhs.uk or 020 3228 4040
- Bexley Talking Therapies:
www.mindinbexley.org.uk/talking-therapies or 020 8303 8932 (option 1)
- Sutton Talking Therapies:
<https://swlstg.nhs.uk/sutton-talking-therapies> or 0800 032 1411 or 020 3513 4044

Samaritans

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope or at risk of suicide: www.samaritans.org/ or call 116 123

The Listening Place

A drop-in centre where people can talk openly about their feelings. By appointment only: www.listeningplace.org.uk

Campaign Against Living Miserably (Calm)

This website offers support to people feeling suicidal: www.thecalmzone.net or call 0800 585 858, 5pm to midnight

Mind

Mind is a charity providing information on mindfulness, how to practise it and how it can help with mental health problems.

Mindfulness and exercises and tips: www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/mindfulness-exercises-tips/



Anxiety and panic attacks advice: www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/self-care/

Support options for people diagnosed with cancer

Maggie's: www.maggies.org

South East Cancer Help Centre: www.sechc.org.uk or 020 8668 0974

Stop smoking advice

Stopping smoking is challenging but it can greatly improve your health and quality of life.

We recommend the following:

- Get motivated: focus on your personal reasons to quit smoking, for example, your health, to save money, to set a good example to others and/or to get through potential investigations and treatments.
- Set a quit date: this gives you a clear target to work towards and mentally prepares you.
- Get support: let your friends and family know your intentions.
- Nicotine replacement therapy (NRT): nicotine gum, patches, lozenges or inhalers can help withdrawal symptoms. Consult your GP to health care professional to find out what's right for you.
- Keep busy: avoid triggers identify people and places that trigger your smoking habit. Distract yourself with activities and hobbies.
- Healthy lifestyle changes: do regular exercise, eat a healthy balanced diet and get enough sleep.
- Be patient and persistent: quitting smoking is no easy task and may take several attempts. Don't get discouraged by setbacks. Keep trying and never give up on your journey to a smoke-free life.



If you have any further queries please speak to a member of your healthcare team.

Additional support

Stop Smoking Services

- Southwark Stop Smoking:
<https://southwark.everyonehealth.co.uk>
or 0333 005 0195
- Lambeth Stop Smoking:
www.guysandstthomas.nhs.uk/our-services/stop-smoking
or 0800 856 3409
- Lewisham Stop Smoking:
www.smokefreelewisham.co.uk
or 0800 082 0388 or 07789 935289
- Bromley Stop Smoking:
www.stopsmokinglondon.com/support/bromley
or 0300 123 1044
- Live Well Greenwich:
www.livewellgreenwich.org.uk/livingwell/stop-smoking/
or 0800 470 4831
- Live Well Croydon:
www.croydon.gov.uk/live-well-croydon
or 0800 019 8570
- Bexley Stop Smoking
www.smokefreebexley.co.uk
or 0800 783 2154
- Kent One You Smokefree:
www.kentcht.nhs.uk/service/one-you-kent/one-you-smokefree/
or 0300 123 1220
- Stop Smoking London:
www.stopsmokinglondon.com
or 0300 123 1044 (Monday to Friday, 9am to 8pm and weekends, 11am to 4pm)



You can download the NHS Quit Smoking app at www.nhs.uk/better-health/quit-smoking

Asthma + Lung UK

Asthma + Lung UK have lots of info and support groups for anybody with lung disease: www.asthmaandlung.org.uk

Sharing your information

We have teamed up with Guy's and St Thomas' Hospitals in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at Guy's or St Thomas'. King's College Hospital and Guy's and St Thomas' NHS Foundation Trusts share an electronic patient record system, which means information about your health record can be accessed safely and securely by health and care staff at both Trusts. For more information visit www.kch.nhs.uk.

Care provided by students

We provide clinical training where our students get practical experience by treating patients. Please tell your doctor or nurse if you do not want students to be involved in your care. Your treatment will not be affected by your decision.



PALS

The Patient Advice and Liaison Service (PALS) is a service that offers support, information and assistance to patients, relatives and visitors. They can also provide help and advice if you have a concern or complaint that staff have not been able to resolve for you. They can also pass on praise or thanks to our teams.

PALS at King's College Hospital, Denmark Hill, London SE5 9RS

Tel: **020 3299 3601**

Email: **kch-tr.palsdh@nhs.net**

PALS at Princess Royal University Hospital, Farnborough Common, Orpington, Kent BR6 8ND

Tel: **01689 863252**

Email: **kch-tr.palspruh@nhs.net**

If you would like the information in this leaflet in a different language or format, please contact our Communications and Interpreting telephone line on 020 3299 4826 or email kch-tr.accessibility@nhs.net



