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## Quest Prehabilitation Programme for Colorectal Cancer Patients



## Patient information

# QUEST Prehabilitation Programme for Colorectal Cancer Patients



Excellent patient care, together

## **Prehabilitation**

Prehabilitation or 'prehab' essentially means preparing for cancer treatment in whatever time you have before your treatment commences. It is a programme of support and advice that focuses on three main areas: nutrition, physical activity or exercise and mental wellbeing.

Macmillan Cancer Support says that by making constructive changes prehabilitation can help to:

- Improve general fitness and nutrition before and during treatment,
- reduce anxiety and improve mental health and wellbeing,
- help patients to recover from the effects of treatment,
- reduce the length of stay in hospital after any surgery,
- reduce the risk of complications from cancer treatments,
- develop a feeling of taking control of health and recovery,
- improve quality of life for the future.

## **What is QuestPrehab?**

QuestPrehab offers a digital personalised programme of fitness, nutrition, and mindfulness support that has been used successfully within the NHS for a period between two and ten weeks.

The trust offers the QuestPrehab programme to all our colorectal patients who have received a diagnosis of cancer and will have radical or neoadjuvant treatment and/or surgery.

You will be assessed and receive a bespoke programme. An app provides you with information and monitors your personal progress.

## **Joining the QuestPrehab Programme**

One of our specialist nurses will refer you to the programme. Then you will receive an email from the QuestPrehab team to verify your email which will ask for your online consent to join, and give you the information to download app from your app store.

You will be contacted within 48 hours and booked for a video assessment call with one of the QuestPrehab team. They will do a one-to-one assessment via your preferred video or telephone platform and complete the onboarding (joining) process.

## **QuestPrehab Service Availability**

Telephone support is available Monday to Friday, between 9.00am and 5.00pm.

Calls received out of office hours will be forwarded to a mobile phone and best efforts will be made to respond, however, there is also a backup answer phone service.

Emails are monitored Monday to Friday between 9.00am to 5.00pm.

For more information please visit: [www.questprehab.com](http://www.questprehab.com).

## **Who to contact for the referral**

Colorectal Cancer Clinical Nurse Specialist: 01923217983

Enhanced Recovery Nurse Specialist: 07387102224

## Further Information

Cancer Research UK (2024). What is prehabilitation?

<https://www.cancerresearchuk.org/about-cancer/treatment/prehabilitation/what-is-prehabilitation>.

Macmillan.org.uk. (2024). Cancer Information Development team

<https://www.macmillan.org.uk/cancer-information-and-support/treatment/preparing-for-treatment/cancer-prehabilitation>.

### [Watford General Hospital](#)

Vicarage Road

Watford

Hertfordshire WD18 0HB

Hospital switchboard: 01923 244366

## PALS

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For more information, on our Patient Advice and Liaison Service, visit our [website](#).



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