

‘Prehab2Rehab Scotland’ Prehabilitation Program for Breast Surgery

Introduction

Prehabilitation is the process of improving functional status and preparing for treatment [1]. A recent trial demonstrates its benefit in breast cancer patients receiving neoadjuvant chemotherapy[2]. Prehab2Rehab Scotland delivers a multimodal prehab and rehab program through the collaboration of specialist health coaches with the multidisciplinary team. Recent service developments have focused on breast cancer care, offering support through the entirety of patients’ oncological treatment. Since the programme’s inception, mixed-methods data has been collected.

Methods

Program data were collected over six months. Patient-reported surveys, completed after multiple prehabilitation sessions, were administered via Microsoft Forms. Descriptive and statistical analyses were conducted using Excel and R.

Results

The program remains in its early stages, with 11 breast cancer patients enrolled to date. Sustained engagement in the program through post-operative oncological therapy highlights demonstrable benefit. Patient-reported experience has been overwhelmingly positive, further validating the effects of the program. Among the 11 participants who completed the survey, 90% rated the programme as ‘extremely helpful’ for supporting recovery and managing treatment-related side effects.

Conclusion

Findings from this study indicate that a prehab-to-rehab model can meaningfully support patients throughout surgery and subsequent treatment. Although the current sample size is small, these early results are very encouraging.

References

1. UK, C.R. *What is prehabilitation?* [cited 2025 31 December]; Available from: <https://www.cancerresearchuk.org/about-cancer/treatment/prehabilitation/what-is-prehabilitation>.
2. Casanovas-Álvarez, A., et al., *Effectiveness of an exercise and educational-based prehabilitation program in patients with breast cancer receiving neoadjuvant chemotherapy (PREOptimize) on functional outcomes: a randomized controlled trial*. *Physical Therapy*, 2024. **104**(12): p. pzae151.