**Abstract:**

The aim of this presentation is to provide guidance and support for how to sustain existing or new prehabilitation programmes. It gives practical advice and examples including what considerations you should make when setting up a service or writing a business case, and the importance of selecting appropriate outcomes measures for the purposes of evaluation. Approaches to prehab triage and assessment will be discussed.

**Catherine’s Biography**

Catherine has many years of clinical experience as a physiotherapist in both cancer and long-term conditions. Evidence based practice and improving outcomes for patients has been the foundation of Catherine’s practice, including leading on the development of cancer and long-term condition prehabilitation and rehabilitation, and cancer pathway development and redesign. Catherine has a range of cancer programme and project management experience. This includes leading on a national evaluation of Personalised Stratified Follow-Up, business case support for personalised care for several Cancer Alliances, and evaluation of cancer innovation pilot projects.

Catherine provides cancer subject matter expertise for business intelligence projects that include creation of a South West prostate cancer dashboard, lung cancer pathway audit analysis and mapping of initiatives to support increased cancer screening uptake. Catherine continues to lead on a range of projects supporting Cancer Alliances, NHS Regions and ICBs. This work is supported by Catherine having extensive professional networks with a variety of primary, secondary and community care organisations, Cancer Alliances, ICSs, Office for Health Improvement and Disparities, Health Education England, and the voluntary sector.