

### Prehab2Rehab Table of Indicators

Outcomes (Pre-Treatment)	Suggested Indicator
Participants engage with programme	Attendance rates at Prehab2Rehab delivered or referred sessions (e.g. therapy, physical activity, dietitian)
Participants are aware of, and understand the benefits of modifying behaviour on oncological treatment outcomes and post-treatment complications	Changes in knowledge, attitudes and beliefs as they pertain to modifiable risk factors that affect response cancer treatment.
Improved confidence in managing their cancer diagnosis and increased uptake of actions to improve health/lifestyle	Changes in self-management of cancer diagnosis (e.g. changes in healthy lifestyle practices).
Improved knowledge of benefits of healthy lifestyle options for suspected cancer	Changes in knowledge about healthy lifestyle options
Participant increases their skills to enable them to participate in physical activity, improve their nutrition, or improve wellbeing	Changes in skills base needed to improve lifestyle, based on Prehab2Rehab sessions received
Regular participation in physical activity, nutrition, and/or wellbeing sessions	Number of referred sessions attended by participants, number of missed appointments, dropout rates and the facilitators and barriers to participating
Participants are aware of how to resume activities following treatment and/or the services available to them	Changes in knowledge about resuming exercise; attendance rates at post treatment rehabilitation interventions and barriers and facilitators to attendance.
Increased wellbeing/resilience and reduced anxiety prior to treatment	Changes in levels of wellbeing (WEMWBS), anxiety (GAD-7) and depression (PHQ-9)

Outcomes (Post-Treatment)	Suggested Indicator
Patient has good physical treatment outcomes (e.g. improved fitness, functional capacity)	Changes in levels of muscle strength (handgrip test), functional capacity (6-minute walk and sit to stand tests) and physical activity (levels compared to WHO recommendations).
Patient has good psychological treatment outcomes (e.g. reduced anxiety, improved wellbeing)	Changes in levels of wellbeing (WEMWBS), anxiety (GAD-7) and depression (PHQ-9)
Reduced post-treatment complications	% change or difference in post-operative complications between patients who undergo P2R and those who do not
Improved comorbidity management and optimisations of lifestyle and fitness	Changes to the numbers of comorbidities of patients who receive P2R and those who do not

Outcomes (Released/Finished Treatment to 1 Year)	Suggested Indicator
Reduced recovery time, bed days, readmissions	Decrease in length of stay in hospital post-surgery Reduced rate of readmission within 30 days
Improved survival	Increased survival rate for treated patients
Increased wellbeing/mental resilience. Enhanced quality of life/overall well-being (e.g. decreased anxiety, depression, and emotional distress)	Increase in % of prehab participants reporting improved wellbeing and mental resilience  Prehab participants have greater improvements to anxiety, depression, and emotional distress scores
Maintenance of healthy lifestyle adopted from prehab programme, e.g. physical activity, nutrition, smoking cessation	Increase in number reporting maintenance of healthy lifestyle