

Appendix 1 TreatWELL intervention delivery plan and resources

Phase 1 Prehabilitation

a) Delivery mode:

Face to face study consultation visit 1 (1 hour) (hospital/research centre). All participants were encouraged to bring a support friend/family member

Consultation Focus:

Getting fit for surgery

- Education and endorsement on smoking, alcohol, physical activity, fruit and vegetables (FAV))

Resources:

- Fast track smoking cessation card
- Leaflet *How to stop smoking and stay stopped* booklet
- AUDIT alcohol assessment
- NHS Scotland alcohol booklet: *Making a Change*
- Macmillan DVD and booklet on physical activity
- DoH physical activity guidelines
- Pedometer

Behaviour change techniques

- Motivational Interviewing questions
- Goal setting for 2 health behaviours (smoking, alcohol, physical activity, diet, FAV)
- Implementation Intentions (smoking, alcohol, physical activity, FAV)
- Self-monitoring (activity diary)

AND Telephone home calls (1 to 2) 10-15 minutes (home)

Phase 2 Surgical Recovery

a) Delivery mode:

Brief face to face support meeting (10- 15 min; in hospital ward)

Consultation Focus:

Recovery and continuing support

- Consistent with Enhanced Recovery After Surgery protocol (ERAS)
- Support about relevant post-operative physical activity
- Education and endorsement about diet (regular meals, sugary drinks, FAV)
- Advice offered on smoking and alcohol as appropriate

Resources:

- Bowel Cancer UK booklets: *Eating and Drinking During Treatment, Fibre after Bowel Cancer* (as appropriate),
- Phase 2 activity diary

Behaviour change techniques

Phase 2 (early phase 3)

b) Delivery mode:

Brief telephone/ward contacts 10-15 minutes

Consultation Focus:

Recovery and continuing support

- 1st visit/call Supportive for managing goals
- 2nd visit/call Responding to queries about diet, physical activity, alcohol, smoking

Phase-3 Post surgical/adjuvant therapy/ recovery

a) Delivery mode:

Face to face consultation study visit 2 (1 hour; hospital/ research centre)

Participants not on chemotherapy	Participants on Chemotherapy
Visit takes place start of phase 3	Visit takes place half way through chemotherapy
<p>Consultation Focus: A new start</p> <ul style="list-style-type: none"> • Diet, Keep active (walk and talk), • Management of weight <p>Resources:</p> <ul style="list-style-type: none"> • Eatwell plate • 7 day food and drink diary • Booklet: <i>Thinking about becoming more active?</i> • 12 week activity diary • Resistance bands • NHS Tayside information <i>Helping you manage your weight</i> • Information about personalised weight management • Bowel Cancer UK booklet: <i>Losing Weight Safely</i> • Weight awareness plan <p>Behaviour Change techniques</p> <ul style="list-style-type: none"> • Goal setting for two health behaviours physical activity, smoking, alcohol, diet • Implementation intentions • Self-monitoring (body weight log) 	<p>Consultation Focus A new start</p> <ul style="list-style-type: none"> • Diet, Keep active (walk and talk), • Introduce weight management concepts <p>Resources:</p> <ul style="list-style-type: none"> • Eatwell plate • 7 day food and drink diary • Booklet: <i>Thinking about becoming more active?</i> • 12 week activity diary • Resistance bands <p>Behaviour Change techniques</p> <ul style="list-style-type: none"> • Goal setting for two health behaviours physical activity, smoking, alcohol, diet • Implementation intentions • Self-monitoring (body weight log)

Face to face consultation study visit 3 (1 hour; hospital/research centre)

Participants with no chemotherapy	Chemotherapy
Scheduled 4 weeks post consultation study visit 2	Visit takes place at end of chemotherapy
<p>Consultation Focus:</p> <ul style="list-style-type: none"> • “Future planning” • Education and endorsement on healthy eating, • Reinforce physical activity advice <p>Resources:</p> <ul style="list-style-type: none"> • <i>TREATWELL Getting active and eating well after Bowel Cancer treatment</i> • Calories and alcohol information <p>Behaviour Change techniques</p>	<p>Consultation Focus:</p> <ul style="list-style-type: none"> • “Future planning” • Management of weight • Education and endorsement on healthy eating • Reinforce physical activity advice <p>Resources:</p> <ul style="list-style-type: none"> • NHS Tayside information <i>Helping you manage your weight</i> • Information about personalised weight management • Bowel Cancer UK booklet: <i>Losing Weight Safely</i> • Weight awareness plan • <i>TREATWELL Getting active and eating well after Bowel Cancer treatment</i> • Calories and alcohol information <p>Behaviour Change techniques</p>

And up to 8 Brief telephone calls 10-15 minutes at home