##### The Whole Picture: preparing and caring for radiotherapy patients and professionals, with Jo McNamara

##### 28/2/24 presentation links:

A message from Jo: “Unfortunately I wasn’t able to cover all site specific prehabilitation, however for more information please do check out the Rad Chat podcast and for anyone who’d like to  learn more and get support implementing an intervention, or a service please do look at the MSc module on prehabilitation, rehabilitation and personalised care (both links in the list below)

MSc module on prehabilitation, rehabilitation and personalised care

[https://www.shu.ac.uk/study-here/options/health-and-social-care/short-courses-and-modules/msc-enhanced-radiotherapy-and-oncology](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.shu.ac.uk%2Fstudy-here%2Foptions%2Fhealth-and-social-care%2Fshort-courses-and-modules%2Fmsc-enhanced-radiotherapy-and-oncology&data=05%7C02%7Cagoulding%40radiotherapy.org.uk%7C91bf3aebdb724830fc4f08dc3c5db034%7C22ecea94fe554d6d88cc85b7cd53cbc0%7C0%7C0%7C638451620291105141%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=IXXwGGhEmJVxGMvJUH8%2FNJHyHfDYJUWerxu02fkQfm0%3D&reserved=0)

NHS National Cancer Patient Experience survey

[https://www.ncpes.co.uk/about-the-survey/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ncpes.co.uk%2Fabout-the-survey%2F&data=05%7C02%7Cagoulding%40radiotherapy.org.uk%7Cd1df2b8f5a3f484a23bd08dc387ee043%7C22ecea94fe554d6d88cc85b7cd53cbc0%7C0%7C0%7C638447364836285977%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=KfFpSetd2OUiHkC4BG3MNK6I1%2F8HFSuvN63ju5pdQA8%3D&reserved=0)

Rad Chat podcast on Instagram

<https://www.instagram.com/rad__chat/>

Gynae Cancer Narratives Project by Dr Lisa Ashmore

<https://wp.lancs.ac.uk/gynae-cancer-narratives/>

Personalised Care Institute: resources for learners

<https://www.personalisedcareinstitute.org.uk/resources-2/>

Cancer Alliances – improving care locally

<https://www.england.nhs.uk/cancer/cancer-alliances-improving-care-locally/>

Macmillan Cancer Support prehabilitation resources

<https://www.macmillan.org.uk/healthcare-professionals/news-and-resources/guides/principles-and-guidance-for-prehabilitation>

Perci virtual care clinic

<https://www.percihealth.com>

Pelvic floor muscle exercises by Prostate Cancer UK

<https://prostatecanceruk.org/prostate-information-and-support/living-with-prostate-cancer/pelvic-floor-muscle-exercises>

Society of radiographers skincare guidance for radiotherapy

[https://www.sor.org/news/radiotherapy/scor-updates-radiation-dermatitis-guidelines](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.sor.org%2Fnews%2Fradiotherapy%2Fscor-updates-radiation-dermatitis-guidelines&data=05%7C02%7Cagoulding%40radiotherapy.org.uk%7Cd1df2b8f5a3f484a23bd08dc387ee043%7C22ecea94fe554d6d88cc85b7cd53cbc0%7C0%7C0%7C638447364836345918%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=cbeFQCajFVgnjf3SnCk%2FCLjFzuUsTsTH2QFYNypsgyA%3D&reserved=0)

Exercise, Diet, and Weight Management During Cancer Treatment: ASCO Guideline

<https://pubmed.ncbi.nlm.nih.gov/35576506/>

NHS South East London Cancer Alliance Top Tips on Physical Activity & Cancer

<https://www.selca.nhs.uk/professionals/latest-guidance-and-resources/physical-activity>

MOVE Charity

<https://movecharity.org>

NHS Alcohol and tobacco brief interventions programme

<https://www.e-lfh.org.uk/programmes/alcohol-and-tobacco-brief-interventions/>

Pleasure & Intimacy: A guide for people living with cancer

<https://issuu.com/fruitflycollective/docs/sex_cancer_book>

NHS Your Mind Plan quiz

[https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fevery-mind-matters%2Fmental-wellbeing-tips%2Fyour-mind-plan-quiz%2F&data=05%7C02%7Cagoulding%40radiotherapy.org.uk%7Cd1df2b8f5a3f484a23bd08dc387ee043%7C22ecea94fe554d6d88cc85b7cd53cbc0%7C0%7C0%7C638447364836388566%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=mM18RdvlT9aO83EWBoR3YvTU8TT1Hm087fSLsLKrgzQ%3D&reserved=0)

Northern Radiotherapy Network

<https://northernradiotherapynetwork.nhs.uk/videos>

PRosPer - Cancer Prehabilitation and Rehabilitation programme

<https://www.e-lfh.org.uk/programmes/prosper/>

Sheffield Hallam Prehabilitation and Rehabilitation for people living with cancer

[https://www.shu.ac.uk/study-here/options/health-and-social-care/short-courses-and-modules/msc-enhanced-radiotherapy-and-oncology](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.shu.ac.uk%2Fstudy-here%2Foptions%2Fhealth-and-social-care%2Fshort-courses-and-modules%2Fmsc-enhanced-radiotherapy-and-oncology&data=05%7C02%7Cagoulding%40radiotherapy.org.uk%7Cd1df2b8f5a3f484a23bd08dc387ee043%7C22ecea94fe554d6d88cc85b7cd53cbc0%7C0%7C0%7C638447364836409989%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=c2iq9dIM1XgP%2BlCaPgkqPvK6KAt6XDuTa4fC600Tg%2FY%3D&reserved=0)

Rad Chat podcast with episodes on site-specific care

[https://podcasts.apple.com/gb/podcast/rad-chat/id1585537896](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpodcasts.apple.com%2Fgb%2Fpodcast%2Frad-chat%2Fid1585537896&data=05%7C02%7Cagoulding%40radiotherapy.org.uk%7Cd1df2b8f5a3f484a23bd08dc387ee043%7C22ecea94fe554d6d88cc85b7cd53cbc0%7C0%7C0%7C638447364836418451%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=iuYJg3fEsvlvoXNsGlrFoJVwJS5oEwAbIcg1%2FQEI2us%3D&reserved=0)

National Centre for Smoking Cessation and Training

<https://www.ncsct.co.uk>

Looking after your team’s health and wellbeing guide

<https://www.england.nhs.uk/publication/looking-after-your-teams-health-and-wellbeing-guide/#heading-8>

Oncology Professional Care conference 2024

<https://www.oncologyprofessionalcare.co.uk/2024-conference-programme>