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## The impact of cancer prehabilitation and rehabilitation on one-year survival: The Active Together service evaluation

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**Introduction:** Active Together is a prehabilitation and rehabilitation service in South Yorkshire UK providing multi-modal support to people receiving curative cancer treatment. Integrated into local cancer pathways, the service provides exercise, dietetic and psychological support, delivered by clinicians and exercise professionals and tailored to each patient's individual needs. Since its inception in 2022 at a single site, it has expanded to provide a service to the entire region. Survival is a key outcome captured to inform commissioning decisions and patient engagement. This presentation will outline the impact of Active Together on one-year survival.

**Methodology:** Survival will be collected from January 2022 to March 2026, including an estimated 600 Active Together patients. Patients who participated in Active Together will be compared to patients who declined to join the service (Declined group) or received treatment prior to the inception of the service (Historical group).

**Preliminary Results:** Preliminary results from March 2024 showed a significant difference in one-year survival between the Active Together group (95%, n = 305) and the Declined group (85%, n = 96, p = 0.013). The survival rate for the Historical group (92%, n = 869, p = 0.140) was not significantly different from the Active Together group. The presentation will include an additional two years of data.

**Conclusions:** This evaluation will demonstrate the real-world impact of multi-modal prehabilitation and rehabilitation on one-year survival for people with cancer. A positive outcome would strengthen the case for embedding multi-modal rehabilitation services within routine cancer care.

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### Keywords

Prehabilitation, evaluation, survival, implementation

### Conflict of Interest & Ethical Approval

yes

### Abstract submitters declaration

yes

**Authors:** Dr MYERS, Anna (Sheffield Hallam University); Dr KEEN, Carol (Sheffield Teaching Hospitals NHS Trust); FRITH, Gabriella (Sheffield Hallam University); PHILLIPS, Gail (Sheffield Hallam University); ROSENTHAL, Kerry (Sheffield Hallam University); Dr HUMPHREYS, Liam (Sheffield Hallam University); Dr KUDIERSKY, Nik (Sheffield Hallam University); Prof. COPELAND, Robert (Sheffield Hallam University); Dr NEWBOULD, Scott (Sheffield Hallam University)

**Presenter:** ROSENTHAL, Kerry (Sheffield Hallam University)

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