

What happens if you get triaged to a prehab dietitian service?

You may see a prehab dietitian to talk about what you are eating, drinking and to help you make the best of your health.

What happens if you get triaged to a prehab psychology nurse service?

You will be booked for a phone appointment with our prehab psychology specialist nurse. The nurse will support you with your mental wellbeing over the phone or in-person, as needed.

What happens if you get triaged to a prehab health coach service?

If you think, you are struggling to commit to your goals or optimise your health, please let us know. Our health coach will support and help you navigate through your personal challenges using behavioural change techniques.

Meet the team

The Prehab Programme is run by a physiotherapist, dietitian, nurses and a health coach.

Contacting us

Prehab Team at the
Royal Berkshire Hospital
Tel: 07909 749 994
Email: rbb-tr.prehab@nhs.net

Further information

Scan the QR code for Prehabilitation webpage on Royal Berkshire Hospital website



Please ask if you need this information in another language or format.

RBFT BCC, September 2026

Next review due: September 2028



Prehab

Helping you prepare for treatment

This leaflet explains what prehabilitation is and how it aims to prepare you for treatment. Your specialist nurse / doctor / surgeon will refer you to the Prehabilitation Programme.

What is prehabilitation?

Prehabilitation (prehab) means helping you to become as physically and mentally prepared for treatment as you can be.

We know that the better your general health, the better you manage any treatment you have.

We will support and advise you on the key areas to help with this:

- Improving your physical activity
- Eating a balanced diet and maintaining your weight
- Stopping smoking
- Reducing alcohol
- Improving your mental health and wellbeing

How can prehab help you?

Evidence shows that prehab can:

- Prepare you for any treatment
- Improve treatment tolerance and completion rates
- Reduce your length of stay in hospital after an operation

- Reduce complications (problems after treatment)
- Improve mood and wellbeing
- Improve long term health

What happens next?

Once we receive your referral, you will receive our prehab questionnaires by text message/ NHS app or email, focusing on the factors we know make a difference.

Once they are completed/answered, we will contact you via email/ text/ phone to create a tailored programme of support based on your answers. If you cannot complete the questionnaires electronically, do let us know via the contact details at the back of this leaflet.

What happens if you get triaged for prehab physiotherapy?

You will see a physiotherapist in a group virtually or in-person appointment.

You will be performing a 1-minute sit to stand test, grip strength to assess your current fitness and review.

One of the most important factors is improving your physical fitness, so we will suggest attending regular group exercises classes, run by our specialist team.

You will be offered regular group exercises twice a week either in-person or virtually, depending on your choice, until your treatment.

The session will consist of a warm up, exercises that improve your strength and endurance, then a cool down.

