

QuestPrehab™ is a health tech startup that delivers digital prehabilitation (prehab) services.

Our mission is to prepare patients, both mentally and physically, for major surgeries or cancer treatments through personalised, digital prehab programmes. Our organisation aims to improve patients' baseline fitness, reduce complications, and enhance overall health-related quality of life.



Foreword

Organisations across the NHS are pursuing innovation to improve patient outcomes and experience. By working in partnership with other sectors, we can help to accelerate this progress. I am delighted to introduce a new case study from our Connect Partner, QuestPrehab.

The benefits of prehabilitation are far reaching. We know, for example, that enhancing patient resilience through prehabilitation can lead to better recovery and improved outcomes. QuestPrehab goes further, offering a novel approach, focusing on leveraging digital solutions to deliver prehabilitation. Their app empowers patients to take an active role in their health, focussing on exercise and nutrition, so that they can remain fit and well while awaiting treatment, and supporting recovery with fewer complications.

This case study highlights work with the liver unit at Derriford Hospital in Plymouth, showing how successful the intervention was for patients waiting for life-changing surgery. It also shows the positive unintended consequence of creating a peer support group as encouragement at such a difficult time.

The complexities of modern healthcare mean that we must embrace collaboration and use the expertise available to drive meaningful change. QuestPrehab have done this successfully and I'm pleased to share this case study as an example of our shared dedication to innovation to improve patient care and outcomes.



A handwritten signature in black ink, reading "Saffron Cordery".

Saffron Cordery, Deputy Chief
Executive, NHS Providers

Foreword

QuestPrehab's partnership with NHS Providers represents a significant advance in delivering digital prehabilitation services across the NHS. As healthcare demands grow, innovative solutions that empower patients and support clinical teams are increasingly vital. Prehabilitation- helping patients improve their physical and mental health before surgery or cancer treatment- has been shown to improve recovery, improve outcomes and reduce hospital stays.

This case study showcases how QuestPrehab's technology enabled , patient centred platform is already making a difference. Through personalised digital programmes, online classes and expert 1:1 support, QuestPrehab helps patients prepare for treatment. The service is clinically led, integrates with NHS Pathways and is designed for scalability and equity, ensuring access for all.

We invite you to peruse the case study and consider how digital prehabilitation can support your organisations and patients.



A handwritten signature in black ink, appearing to read 'Tara Rampal', with a long horizontal stroke extending to the left.

Professor Tara Rampal
Co- Founder- QuestPrehab



What is QuestPrehab?

QuestPrehab's initiative revolves around digital prehabilitation, which involves a combination of physical exercise, mental health, and nutritional guidance tailored to each patient's needs. By focusing on these areas, QuestPrehab helps patients recover faster, experience fewer complications, and return to their normal lives more quickly.

QuestPrehab meets the key recommendations of the recent Darzi review, delivering digital services into local communities. Concentrating on four key, integrated areas - physical exercise, nutrition, psychological support and lifestyle modifications:

- Patients are assessed and receive a bespoke multimodal programme
- An app supplies information and monitors personal progress
- Exercise classes are conducted on platforms such as Teams and Zoom, with each patient having a regular call with a dedicated, experienced instructor

As the leading provider of digital prehab services – QuestPrehab meets the highest of compliance requirements and has safely offered the service to hundreds of patients referred from the eligible NHS Trusts.

Benefits of Prehabilitation



Patient Pathway

01

Referral Process

- Patient/Clinician visits QuestPrehab webpage
- Completes Prehab Referral Form
- Referral submitted electronically



02

Initial Assessment (Video Call)

- Intake by Prehab Coordinator
- App / email based questionnaires
- Screening for medical history & fitness level
- Consultation with Prehab Specialist
- Onboarding confirmation to the referrer



03

Customised Prehab Program

- Strength & mobility training
- Nutritional guidance
- Mental preparedness
- Personalised resources
- Options to contact team



04

Ongoing Monitoring

- Regular progress check-ins
- Monitoring through clinician dashboard of the platform
- Adjustments based on performance
- Regular live streaming sessions



05

Surgical Preparation

- Final assessment before surgery
- Recommendations for post-surgical rehab



06

Post-Surgical Transition

- Direct referral to Rehab Team
- Follow-up care plan if included



Barriers

Workforce
provision

Post Code
lottery

Cost
of service

Clinical
Space

Facilitators

Digital
Prehabilitation

Increased
Interaction

Increased
digital literacy
post COVID

Increased
Accessibility to
patients at risk
of exclusion

University Hospitals Plymouth NHS Trust

Case Study

Derriford Hospital forms part of University Hospitals Plymouth NHS Trust. The Liver Unit there supports liver transplant patients pre- and post-operatively, faced challenges with patients' declining health and frailty due to long and unpredictable waiting times for transplantation. To address this, they partnered with QuestPrehab in the Summer of 2024 to implement a telehealth-based prehabilitation programme. This programme aimed to improve or maintain patients' fitness and quality of life while waiting for surgery, especially for those living far from the hospital.

QuestPrehab created a tailored programme in collaboration with the Liver Unit, offering personalised exercises, education, and support through an app. Patients engaged via video calls, livestreamed sessions, and regular interactions with instructors who adjusted the programme based on individual needs. Feedback from patients was overwhelmingly positive, with many reporting improved quality of life, reduced anxiety, and better fitness levels. Peer-support groups formed as a result of the programme further fostered community and encouragement.

The initiative demonstrated that prehabilitation could be an effective approach in maintaining or improving patients' health during lengthy pre-surgery waiting periods, potentially benefitting other healthcare contexts with similar challenges.



Case study continued

After the initial implementation of the programme, the Liver Unit's Lead Liver Transplant Coordinator has been regularly in touch with QuestPrehab's Senior Exercise Physiologist to coordinate the collaboration between the trust and the service provider. Three-monthly evaluation meetings between the teams have also been held to analyse the progression and outcomes of the programme during the first year after implementation.

The outcomes have been very promising. Patients engaging with the programme have reported improved quality of life and lower anxiety, while objective markers of frailty and fitness have improved or remain unchanged through the programme. QuestPrehab has supported the formation of a patient-led peer-support group has been formed by participants. Feedback provided by patients to both the Liver Unit team and our team has been most encouraging.

A 63 years old gentleman wrote; "It helped me enormously with the support side of things. Also the exercise program and diet information was very helpful. Even the meditation helped with sleeping. All in all it was a brilliant programme." On a similar note, a 64 years old lady said; "The instructor has encouraged me to get fitter which I thank him very much for. And I will continue."

What Next?

By adapting programmes to specific conditions and leveraging telehealth technology, healthcare providers can extend access to prehabilitation services, reduce healthcare disparities, and improve outcomes for patients across a wide range of medical contexts. This model also fosters convenience and consistency for patients, regardless of geographic or mobility limitations. What do you think—does any of this seem promising?

Cost Efficiency

QuestPrehab's scalable model creates immediate and substantial savings

- ✓ Comprehensive service delivery incl patient companion app
- ✓ Works with existing pathways and processes
- ✓ Flexible engagement to suit your organisation
- ✓ Frees up staff time and resources
- ✓ No need for costly and complex system integrations
- ✓ Aligned with EDI and sustainability targets

-30%-50%
Reduction in complications

0.5-1.0 days
Shorter hospital stay

Consistent improvements in QALY post Prehab

Outcomes

Achieved Real Results

2000+

Patients served over 18 months

98%

Patient & clinician satisfaction rates

Recognition



HSJ
AWARDS 2022

HSJ Digitising
Patient Care
finalist 2022

NHS^x

NHS-X
Digital
Playbook
for 2022

Extensive coverage in the press as result of positive patient and clinician feedback

MailOnline

STARTUPS
MAGAZINE

The Telegraph



BBC
RADIO

5live

Business Age



CSJ
THE CLINICAL SERVICES JOURNAL

BUSINESS
MONDAYS.

- ✓ Currently, we are the largest single provider of Digital Prehab Services in the UK.
- ✓ QuestPrehab has introduced the cancer Prehab initiative known as the "Kent and Medway Prehab Service."
- ✓ We have been chosen by the NHS Transform as a model study standard.
- ✓ Our methodology and interventions have undergone peer review and have been published in scientific journals.
- ✓ We have partnered with China's leading health insurer to implement services at the Shanghai International Medical Centre and Taiping Rehab Hospital.
- ✓ Additionally, we have collaborated with the UK's premier Liver Transplant Research Centre located in Plymouth.

Appendix

Since its launch in 2020, QuestPrehab has revolutionised patient recruitment, surpassing key performance indicators by over **250%** - all without increasing investment. At a time when many services were paused due to COVID-19, QuestPrehab adapted through digitisation, ensuring accessibility and continuity of care.

This innovative program significantly enhances **health-related quality of life**, empowering patients with sustainable lifestyle changes that extend beyond cancer treatment. As QuestPrehab expands its expertise into **major surgery**, it continues to redefine prehabilitation, equipping patients with the tools for a healthier life—before, during, and long after treatment.

By embedding **proactive and personalised care**, QuestPrehab is setting new standards in healthcare accessibility, ensuring long-term benefits for patients and the system alike.

On average there has been a 50% reduction in 90-day admission rates for post-surgical cancer resection. This is quite remarkable, especially in a climate of increased readmission rates nationally- as evidenced by NHS Digital (<https://digital.nhs.uk/news/2019/emergency-readmissions-published-for-first-time-in-five-years>). Statistically there is significant improvement in QALY measured via (EQ-5D). NICE recommends using QALY to measure impact and cost effectiveness of all new interventions. (Ref- <https://wchh.onlinelibrary.wiley.com/doi/pdf/10.1002/psb.1562>)

Figure : Trajectory of self-reported health-related quality of life.

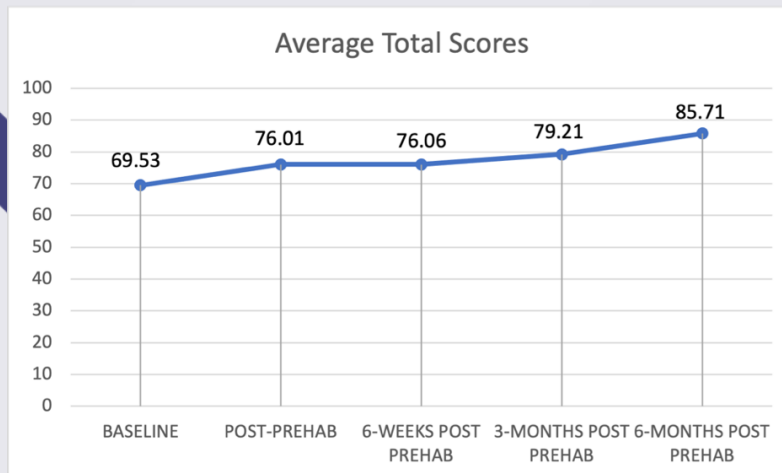
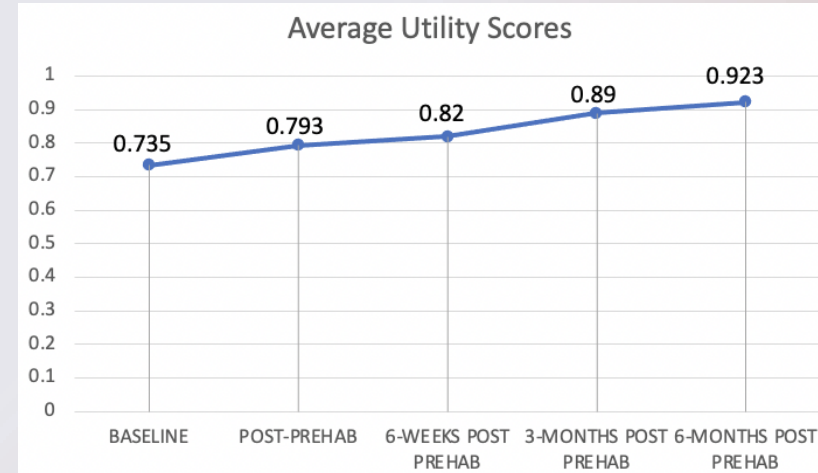


Figure : Trajectory of EQ-5D utility scores.



Thank You

For further information and app demo Please contact
contact@questprehab.com

