

## THE JOURNAL OF THE IRISH HEAD AND NECK SOCIETY

**Title:** Identifying User Preferences for the Design of a Digitally Delivered Multimodal Prehabilitation Intervention for Head and Neck Cancer Patients in Ireland: Research Protocol

**Body:** Background:

Digitally delivered multimodal prehabilitation interventions, integrating physical, nutritional, and psychological support, hold promise as an accessible and cost-effective means of optimizing cancer patient outcomes. Little is currently known about head and neck cancer (HNC) patients' views and preferences regarding such interventions or their feasibility within the Irish healthcare context. This research project aims to establish a set of user preferences to guide the design of a digitally delivered multimodal prehabilitation intervention for HNC patients in Ireland.

Methods and Results:

The research consists of three phases: 1) a systematic review assessing the feasibility and effectiveness of digitally delivered multimodal prehabilitation interventions for cancer patients; 2) a qualitative study of HNC survivors and healthcare professionals in Ireland to explore barriers, facilitators, and preferences for such an intervention; and 3) a Delphi survey and stakeholder consensus meeting to refine and validate a set of user preferences for the design of such an intervention. Phase 1 has been completed and ethical approval for Phase 2 is currently being sought.

Conclusion:

Identifying user preferences for a digitally delivered multimodal prehabilitation intervention for HNC patients will enhance intervention design, address their unique needs, and improve survivorship care.

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