

Prostate cancer

Developing a survivorship programme

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Survivorship ?

- Survivorship ?
- What does it mean to you?
- When does it begin?



The stats part !



- Annual average of 3,267 new diagnosis cancer patients from 2009 – 2011 (NCCP, 2014)
- Before the age of 50 =1 in 435
- Before the age of 70 =1 in 14
- 90% of all cases diagnosed with organ confined disease
- 5 year survival rate is nearly 100%
- Survivorship health counselling a high priority
 - (Colella & Gejerman, 2013)
- 87 % of men with prostate cancer may have unmet supportive care needs
 - (Mackenzie & Aning, 2014)



Survivorship – What's involved

- Education - Diagnosis, pre op and post op.
- Intervention – Functional side effect management.
- Surveillance and prevention of new cancers and recurrence.
- Coordination of care – signposting patients to appropriate services.

• (Mckenzie & Aning, 2014)

Priorities in prostate cancer



- Management of side effects post treatment.
- Chronic/acute .
- Adapting to the “new normal”.
- Role within society.
- Financial strain.
- Sexuality .

Barriers to Optimal care for cancer survivorship



- Knowledge deficits – Health care professionals & cancer survivors.
- Lack of awareness about survivorship issues.
- Lack of nursing research to inform practice.
- Society – value cure over outcome.
- Funding.

• (Haylock, 2015)

CASE nurse objectives



- Create awareness of the survivorship programme.
- Provide men with education.
- Signpost appropriate services.
- Liaise with existing independent & community services.
- Bring information sessions to the community.
- Establish nurse led clinics.
- Support health outcome data collection with IPCOR.



Prostate cancer CNS

- Care, support, advice and education to men and families from investigations for prostate cancer, to diagnosis and through to survivorship.
- Assessment & education pre prostate biopsy.
- Nurse led clinic - 1st post op visit. Trial of Voiding (TOV) Removal of urinary catheter ,wound care & survivorship issues post prostatectomy surgery.
- Coordination of care.
- Patient Education.
- Prostate Cancer Information evenings & workshops .
- Survivorship follow up phone calls .
- PSA review clinics.
- Survivorship clinics .
- Prostate cancer support group facilitator (in development).

GUH Prostate Cancer Survivorship Model

Diagnosis → CNM/CNS information support CNS contact details

Treatment → Surgery → CNS - Coordination of patient care.
RDX → ANP

Recovery → CNS Post op clinic → 7 – 10 days post op
Follow up support call → 2-3 weeks post op

Follow up → Contact to service as required by patient

Survivorship → 1 year post op enter nurse led PSA surveillance and
clinic survivorship clinic (patient cohort will be expanded)

Case study 1

- 55 year old Married gentleman scheduled to have a radical open prostatectomy for Gleason 7 gland confined prostate cancer. He attended preassessment with his wife who has MS and who is the sole carer. They have 2 children aged 15 & 17. They live >50km from their designated cancer centre. He is scheduled to have surgery in 2 weeks time.
- Consider this gentleman's case think about who we may get involved immediately after his surgery and in the year following surgery?

Case study 1 continued

- Travel to care.
- Social worker - Increase home help.
- Physiotherapy – PFE pre op.
- CNS.
- Men against Cancer telephone service.
- Continence advisor.
- ED ANP.
- Local support groups.
- Exercise programme – men on the move.
- Sexual medicine specialist.
- Local Citizens information centre.
- Daffodil centre.
- CROI
- LARCC



Survivorship initiatives

- Prostate cancer information evening
- Irish Cancer Society information evenings
- Back to Fitness Programme
- Healthy Eating Nutrition Seminar

Survivorship future goals

- What should our priorities be?
- Nurse led clinics & ANPS .
- Primary care input.
- Patient supported self management.

References

- Haylock, J.P (2015) Evolving Nursing Science and Practice in cancer survivorship. *Seminars in Oncology Nursing*. Vol 31(1), p 3 -12.
- Resnick, J.M et al (2015) Prostate cancer survivorship care guideline: American society of clinical oncology clinical practice guideline endorsement. *Journal of Clinical Oncology*. Vol 33(9), P 1078 – 1086.