

Implementation of the Prostate Cancer Supportive Care Program (PCSC), a comprehensive approach for men with prostate cancer (PC) and their partners

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Introduction: PC is often not a highly aggressive disease. Even men who are not cured with surgery or radiation therapy can live for decades. However, the impact of initial or subsequent therapies can seriously impact quality of life for both the patient and his partner.

Objectives: PCSC is a clinical, educational, research-based approach to care, starting at the time of PC diagnosis. The program is tailored to educate men and their partners regarding PC related issues.

Methods: PCSC was initiated in January 2013 at the Vancouver Prostate Centre. It is organized in 5 educational modules to allow patients to attend sessions which are of importance to them including: Information about PC and primary treatment options; Sexual rehabilitation; Lifestyle management (diet and exercise); Managing the side effects of androgen deprivation therapy; Incontinence and pelvic floor strengthening. Sexual Health, Pelvic Floor Physiotherapy, and Exercise Clinics are also held for individual appointments.

Results: Over 2 years, a total of 425 patients participated in at least 1 module. 127 men enrolled in 2013 and 298 men in 2014 (figure 1). Feedback from couples, participating clinicians, and allied health personnel has been overwhelmingly positive.

Conclusions: The results demonstrate that a comprehensive PCSC that is organized in modules is feasible and well received by PC patients and their partners. In 2015, the PCSC Program intends to distribute modules to 4 further sites, including rural/remote locations in British Columbia, Canada. Outcomes research and intervention protocols are now in progress.

Figure 1, Number of patients entering the PCSC Program by yearly quarter

