

DEVELOPMENT OF A COMPREHENSIVE SUPPORTIVE CARE PROGRAM FOR PROSTATE CANCER PATIENTS AND THEIR PARTNERS

The Vancouver Initiative

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AIM: To develop and implement a comprehensive supportive care program for prostate cancer patients and their partners in Vancouver, BC.

THE NEED FOR SUPPORTIVE CARE:

- The average life expectancy has increased by ~30 years since prostate cancer was first described, and men now often live decades after diagnosis and treatment. Curative treatments are possible, but side-effects impacting bowel, bladder and penile function are common with all treatments.
 - 5-10% of prostate cancer patients report problems with continence
 - 50-80% of prostate cancer patients report problems with sexual function
- Studies going back to 1994 show that the **psychological distress on the partners of prostate cancer patients is often greater than that on the patients themselves.**
- There are many treatment options available for prostate cancer, all with substantive adverse effects. This makes choosing a treatment particularly stressful.
- Thus supportive care must begin at diagnosis.

THE PROSTATE CANCER SUPPORTIVE CARE PROGRAM

The Vancouver Prostate Centre's Prostate Cancer Supportive Care (PCSC) Program, is a comprehensive program for both prostate cancer patients and their partners. The program was designed with input from MDs & PhDs in urology, radiation oncology, psychology, exercise physiology, nutrition, sex therapy, and stress management. The philosophy of the PCSC program is to provide supportive care from initial diagnosis past end-of-life care (i.e. bereavement). **Using clinical, educational and evidence-based strategies, the PCSC program aims to address the physical and psychological needs of the prostate cancer population across the entire disease trajectory.** Using a centralized database, the services provided in the program will be assessed with established research tools.

CENTRALIZED

MODULAR

PREEMPTIVE

EDUCATIONAL

MODULE 1:
INTRODUCTION TO
PRIMARY TREATMENT
OPTIONS

MODULE 2:
OVERCOMING THE
IMPACT OF TREATMENTS
ON SEXUAL FUNCTION

MODULE 3:
LIFESTYLE MANAGEMENT

MODULE 4:
ADAPTING TO
ANDROGEN DEPRIVATION
THERAPY

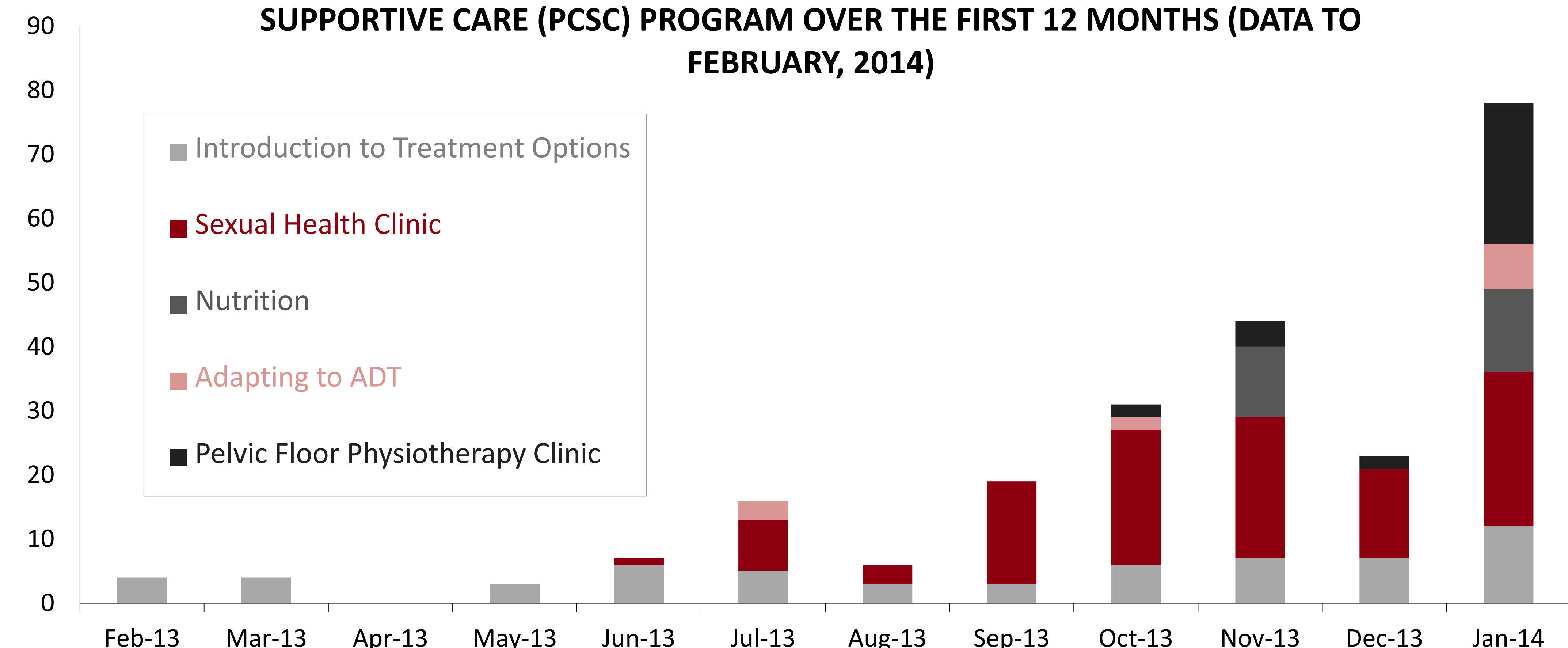
MODULE 5:
PELVIC FLOOR
PHYSIOTHERAPY FOR
URINARY INCONTINENCE
& ERECTILE DYSFUNCTION

ANTICIPATED MODULES:

- MANAGING THE DISTRESS OF DISEASE PROGRESSION
- COUPLE'S/FAMILY COUNSELLING
- MANAGING SIDE EFFECTS OF CHEMOTHERAPY
- PALLIATIVE CARE & BEREAVEMENT

PROGRAM GROWTH TO DATE

PATIENT ENROLLMENT INTO THE FIRST FIVE MODULES OF THE PROSTATE CANCER SUPPORTIVE CARE (PCSC) PROGRAM OVER THE FIRST 12 MONTHS (DATA TO FEBRUARY, 2014)



- As of January 31st, 2014 148 patients and 70 partners have enrolled in at least one module of the PCSC Program. We are continuing to grow each month.
- Feedback from each of the sessions has been overwhelmingly positive.

CHALLENGES & LONG-TERM GOALS

- Scheduling clinicians to participate in the program
- Implementation of research assessment of the modules
- Obtaining continued funding
- Documenting impact on health care costs
- Developing additional modules

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