Successful implementation of a disease specific survivorship program for men with prostate cancer and their partners

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In late 2015, psycho-oncology, the 6th module, was initiated to address:

- Individual clinic appointments for sexual health, physiotherapy and emotional needs and offer coping strategies to patients and their partners.
- Clinic appointments are available with a pelvic floor physiotherapist.
- Referrals to the PCSC program come from urologists, radiation oncologists, primary care physicians, nurses, and pharmacists. Patients may also attend without a referral.

The Vancouver Prostate Centre’s Prostate Cancer Supportive Care (PCSC) Program is a comprehensive program for patients and their partners. Using clinical, educational and evidence-based strategies, the PCSC program addresses the physical and psychological needs of this population.

Methods

- A supportive care program at the Vancouver Prostate Centre was founded by a multi-disciplinary team in January 2013 using funding from governmental health authorities and philanthropic sources.
- The program was originally organized around 5 thematic modules shown in the adjacent panel which take place in the Urology Clinic at Vancouver Prostate Centre.
- Each module consists of a group educational session held 1-2 times monthly.
- Individual clinic appointments for sexual health, physiotherapy and exercise therapy are also available.
- In late 2015, psycho-oncology, the 6th module, was initiated to address emotional needs and offer coping strategies to patients and their partners. Clinic appointments are available with a clinical counsellor.
- Referrals to the PCSC program come from urologists, radiation oncologists, primary care physicians, nurses, and pharmacists. Patients may also attend without a referral.
- The Program Coordinator describes the services offered by the PCSC Program and encourages patients into modules of interest.

Funding sources

- Funding for this initiative was provided for by the Specialist Services Committee (SSC), a joint collaborative committee of the Doctors of BC and the BC Ministry of Health.
- BC Ministry of Health
- Prostate Cancer Foundation BC
- Private philanthropic donations

Results

| Total Registered in PCSC Program since January 2013, n=917* |
|-----------------|-----------------|-----------------|
| Percent of patients who attended one or more modules (n = 741) |
| Module | 2013 | 2014 | 2015 |
|-----------------|-----------------|-----------------|
| 1 module | 28% | 27% | 37% |
| 2 modules | 29% | 31% | 32% |
| 3 modules | 12% | 14% | 12% |
| 4 modules | 7% | 9% | 7% |
| 5 modules | 1% | 2% | 1% |

Conclusions

- Implementation of a disease-specific survivorship program is feasible and well received by patients, partners, and health care providers.
- Over 40% of patients in the PCSC Program, located in the Urology Clinic, register within 6 months of diagnosis.
- Sexual health and pelvic floor physiotherapy are the most common utilized services (see poster #163).
- The PCSC Program has proven to be a rich source of PC patients that attract clinical research projects.
- Despite offering these services free of charge, 19% of registered patients decline to participate in any of the educational programs or clinics.
- The sustainability of the PCSC Program will depend upon the ability to demonstrate cost-effectiveness to Canadian health and other governmental authorities.

Future Directions

- The PCSC Program will expand to two additional sites in the next 2 years.
- A health economist has joined the PCSC team to perform an economic evaluation of the PCSC Program.