

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

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Background

Treatment for localized prostate cancer (PC) can adversely impact the quality of life for the patient and his partner. Addition of androgen deprivation therapy (ADT) to treat biochemical relapse or metastatic disease can result in further symptoms.

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.
- This modular structure provides maximum flexibility for the patient and his partner to participate in sessions or clinics according to need.
- 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 enrolls 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



PCSC Modules

Introduction to prostate cancer and primary treatment options for newly diagnosed patients

- Educational sessions delivered by a urologist, radiation oncologist and patient facilitator.
- Information about prostate cancer, Gleason score, risk categories, prognosis, treatment options.
- Patients may meet individually for 8 minutes with MDs to discuss biopsy report, risk category, and ask questions about options.
- Sessions limited to 8 patients and their partners/family members.

Managing the impact of prostate cancer treatments on sexual function and intimacy

- Sexual health RN delivers educational sessions that focus on sexual side effects of PC treatments and sexual rehabilitation.
- Sexual health RN also available to meet couples for one-on-one clinic appointments.
- Workshops on intimacy are held quarterly. Limited to 12 couples who have been previously seen by sexual health RN.

Lifestyle management: nutrition and exercise

- Registered dietician from the BC Cancer Agency and a certified exercise physiologist deliver educational sessions on nutrition and physical activity respectively.
- One-on-one clinic appointments with an exercise physiologist are available to create an individualized exercise prescription.

Adapting to androgen deprivation therapy

- Educational sessions delivered by PhD researcher and/or patient volunteer cover ADT side effects and mitigation strategies.
- Attendees receive the 2014 book "Androgen deprivation therapy: an essential guide for prostate cancer patients and their loved ones".

Pelvic floor physiotherapy

- Physiotherapist certified in male pelvic floor physiotherapy delivers educational sessions that explain the anatomy and techniques for minimizing the impact of treatment on urinary function.
- Three one-on-one clinic appointments with a pelvic floor physiotherapist are available to those in need.

Psycho-oncology

- One-on-one clinic appointments available for patients and/or partners to meet with a registered clinical counsellor.
- Group therapy workshops are planned with MD, PhD facilitator and clinical counsellors to support patients and their partners.

Results

Total Registered in PCSC Program since January 2013, n=917*

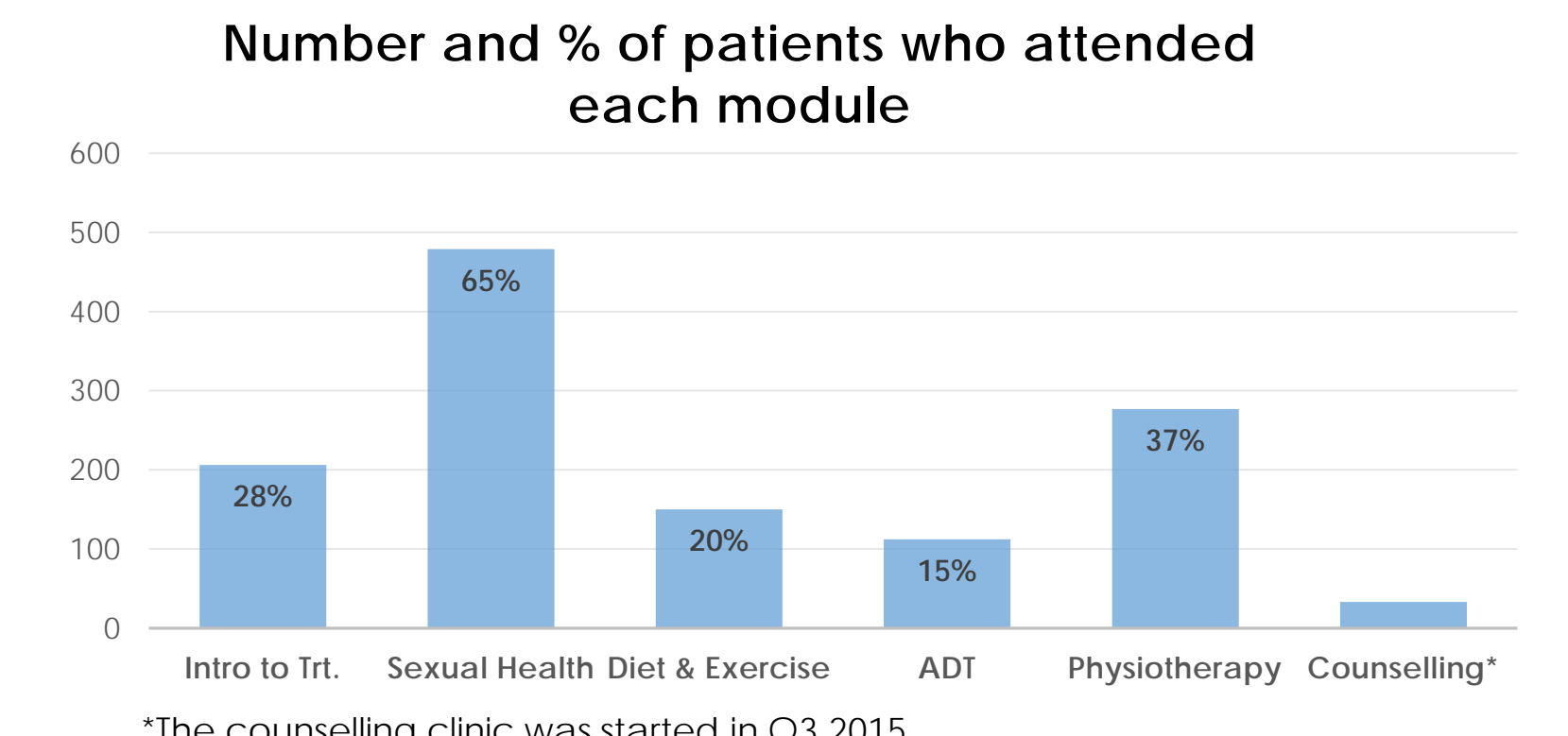
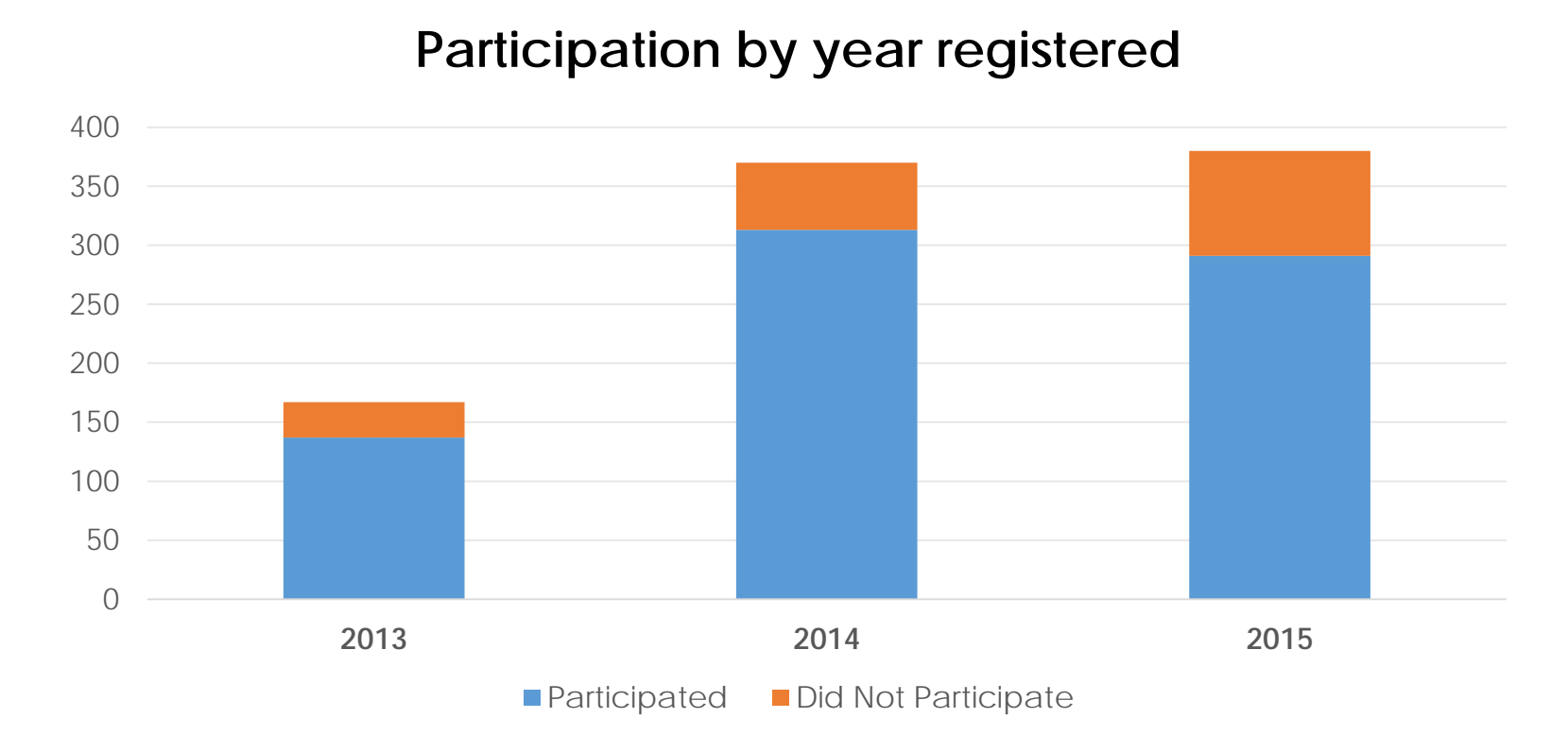
Median age at registration, yrs (range), n=886 **66.0 (42 to 92)**

Time from dx to registration, # (%) **n=650**

< 6 months	263 (40.5)
< 12 months	72 (11.1)
< 2 years	100 (15.4)
< 3 years	53 (8.2)
< 4 years	50 (7.7)
< 5 years	25 (3.8)
> 5 years	87 (13.4)

Participation in at least one module, # (%) **741 (81)**

* Not all patients who registered participated in the program, see below.



Summary & 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 commonly utilized services (see poster #163).
- The PCSC Program has proven to be a rich source of PC patients that attracts 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 British Columbia over the next 2 years.
- A health economist has joined the PCSC team to perform an economic evaluation of the PCSC Program.

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Percent of patients who attended one or more modules (n = 741)

