

### Why have I received this leaflet?

You have been sent this leaflet to explain the Stratified Pathway Follow-up model which **Trust Name** are introducing for patients who have completed treatment for prostate cancer and will be supported to self-manage their health. They will have PSA tests to monitor their condition.

### What is supported self-management?

Patients are stratified according to the staging of their cancer, risk of recurrence, late effects and their ability to self-manage their follow up care. Men with stable prostate cancer can be monitored without coming back to the hospital for follow up appointments.

### How does supported self-management work?

1. When a patient has completed their treatment at **Trust Name** and their PSA is stable, they will have a consultation with the Consultant or CNS. They will be provided with information about future tests and the signs and symptoms to report.
2. A letter will be sent to the patient and his GP telling him when to have his PSA blood test—**with/without a blood form.**
3. Bloods will be taken at the hospital.

4. Results will be communicated back to you and your patient.
5. Depending on the results and underlying PSA trend, the patient will either continue on remote follow-up, or be recalled to a Consultant clinic for further investigation within 14 working days.

### What other support is available?

There is a dedicated telephone helpline to enable patients or their GPs to report any symptoms of concern and receive prompt telephone triage and advice from the Consultant. Patients are guaranteed a Consultant clinic appointment within 14 working days of phoning the helpline, if their symptoms require urgent investigation.

### What are the benefits of this follow-up model?

- Significant reduction in the number of unnecessary follow-up appointments freeing up clinic time for new prostate cancer patients
- Removes the need for patients to make unnecessary trips to hospital
- Dedicated support line for prostate cancer patients and their GPs, with Consultant/CNS telephone triage.

- Fast-track recall process for those patients who need to be seen back in hospital
- Improved care experience for patients
- Improved clinical governance around the monitoring of prostate cancer patients' PSA levels, enabling problems to be identified and responded to earlier.

### When will the model be introduced?

The model will be introduced within **Trust Name** from **XXXX** for those patients who have completed treatment for prostate cancer.

From **XXXXX**, the programme may be extended to other groups of prostate cancer patients who attend **Trust Name** for follow-up purposes.

### Is further information available on this programme?

Yes. This is simply a brief introduction to the new follow-up programme. We have developed detailed guidelines in support of the programme. If you would like to receive any of this information, please email **Trust contact/Project Manager**.

## Signs and Symptoms to report:

The following is a list of the signs and symptoms which you need to keep in mind when treating patients who have previously had prostate cancer. These symptoms could indicate a return or spread of the disease and need further investigation.

- Stiffness or frequent soreness in areas such as the lower back, hips, and thighs
- Swelling in the legs or pain in the pelvic region.
- Bone pain that doesn't stop, bone fractures and spinal compression.
- Unexplained weight loss

# Contact us

## Helpline

**(NB: This helpline is for patients who have been treated for prostate cancer at Trust Name)**

If your call is not answered immediately, please leave a short message including your name, contact telephone **number and Trust hospital number**. The answer-phone will be checked regularly from Monday to Friday between 9am and 5pm and you will be phoned back within timescale of leaving your message.

## Trust Address Details



## Trust Name

## Information for GPs:

## Supported self-management Follow-Up for prostate cancer

### Please note:

This will not change what you are already doing as a GP, but is a major improvement to patient safety.

Created:

Review date: