

Charlotte Englund and Susan Nørregaard

Department of Urology, Odense University Hospital, Denmark

**OBJECTIVES**

The prevalence of prostate cancer (PC) is rising. In 2012, 4316 men were diagnosed with PC in Denmark (1). The Department of Urology at Odense University Hospital (OUH), performs approximately 180 robot-assisted radical prostatectomies (RARP) annually.

The time given in the outpatient clinic is limited. It might be challenging for the doctor and nurse to inform the patient and his family about the surgery and answer questions within the timeframe given to them. Patients newly diagnosed with cancer are often not able to process the information given to them immediately after. Many will look for more information on the internet (2).



Downloaded applications (APPs) are becoming widespread across many medical specialties (3). There is no APP available on the market for men with PC that describes the disease and treatment options in Danish. We have created an APP in collaboration with men who have received RARP.

**METHODS**

**Part one** (December 2014 - January 2015)  
16 patients who have received RARP were interviewed 8-10 days after surgery focusing on the information given pre- and post treatment.

**Part two** (February 2015 – March 2015)  
The APP was developed.

**Part three** (April 2015)  
The interviewed patients will have the opportunity to comment the content of the APP before release.

**RESULTS (2)**

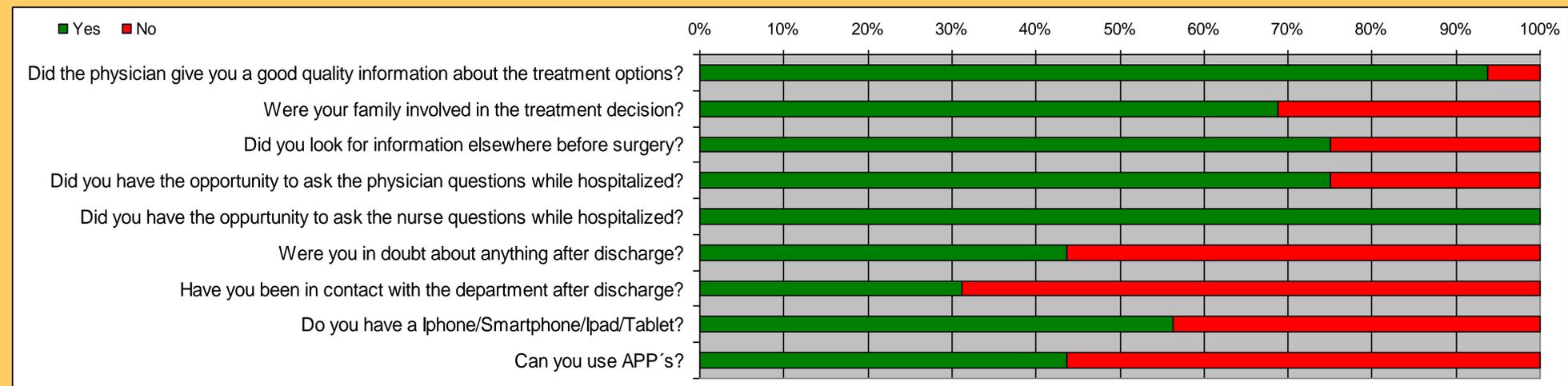
We asked the patients on a scale from 1-10 evaluating how informed they felt. The mean number was 8.5.

**Missing information:** swelling, weight gain, contusion (bruise), pain management, numbness, fatigue and constipation.

**Some advantage of the APP:**

- Videos with PFMT and robotic surgery
- Patient Stories
- Patient Diary with PSA values and own notes
- Easy to adjust

**RESULTS (1)**



**CONCLUSIONS**

The goal is to increase patients level of knowledge by using the APP. We hope that the APP will help the patient and his family to get a better overview of the treatment and the follow up. In addition, the APP may reduce phone calls from worried patients and their family members to the department before and after the treatment. In the future this kind of APP's can be applied to other urological disease areas.

**REFERENCES**

1. Cancerregisteret tal og analyser 2012, Statens Serum Institut.
2. Scott M. Gilbert et al. Satisfaction with Information Used to Choose Prostate Cancer Treatment. J Urol. 2014 May: 191(5): 1265-1271.
3. Nason G.J. et al. The use of smartphone applications by urology trainees. Surgeon. 2014 Sep 5.