



Scientific Programme

Modules 1 and 2 introduce the systemic therapy landscape, with evidence-based strategies to manage some of the common side effects that affect quality of life and adherence to treatment

Module 3 looks at long-term health with a focus on bone health and behavioural and pharmacological strategies to prevent metabolic complications of treatment

Module 4 provides attendees with evidence-based techniques to engage men in positive behaviour change to implement appropriate strategies

Saturday, 9 November

12.30 – 13.00	Registration
13.00 – 13.05	Opening and welcome C. Arblaster, Cheltenham (GB), <i>Lead urology Clinical Nurse Specialist, Chair, EAUN Special Interest Group Prostate Cancer</i> P.H. Reynolds, Liverpool/London (GB), <i>Consultant Radiographer in prostate radiotherapy, Co-chair EAUN Special Interest Group Prostate Cancer</i>
13.05 – 14.30	Module 1. The changing landscape of systemic prostate cancer therapies
13.05 – 13.35	<ul style="list-style-type: none">• The systemic therapy landscape: Where are we now and how did we get here E. Castro, Madrid (ES), <i>Medical Oncologist</i>
13.35 – 13.50	<ul style="list-style-type: none">• Hormonal agents: How they work and side effects E. Castro, Madrid (ES)
13.50 – 14.10	<ul style="list-style-type: none">• PARP inhibitors and precision medicine in advanced prostate cancer E. Castro, Madrid (ES)
14.10 – 14.30	<ul style="list-style-type: none">• The unmet needs of men with prostate cancer and their loved ones C. Arblaster, Cheltenham (GB)

14.30 - 15.00	Coffee break
15.00 - 16.15	Module 2. Management of side effects from systemic prostate cancer therapies
15.00 - 15.15	<ul style="list-style-type: none"> • Strategies to manage fatigue L. Drudge-Coates, London (GB), <i>Uro-Oncology Nurse Consultant & Hon Lecturer</i>
15.15 - 15.30	<ul style="list-style-type: none"> • Strategies to manage hot flushes P.H. Reynolds, Liverpool/London (GB)
15.30 - 15.45	<ul style="list-style-type: none"> • Strategies to manage low libido & sexual dysfunction P.H. Reynolds, Liverpool/London (GB)
15.45 - 16.00	<ul style="list-style-type: none"> • Strategies to manage mood and cognitive changes N. Klok, Enschede (NL), <i>Oncology Nurse (Case manager)</i>
16.00 - 16.15	<ul style="list-style-type: none"> • Strategies to manage skin rashes E. Van Der Laan, Amsterdam (NL), <i>Nurse Specialist Oncology</i>
16.15 - 16.45	Coffee break
16.45 - 18.00	Module 3. Promoting holistic health for men living with prostate cancer
16.45 - 17.00	<ul style="list-style-type: none"> • Promoting wellness and bone health L. Drudge-Coates, London (GB)
17.00 - 17.30	<ul style="list-style-type: none"> • The role of exercise and how to engage men in exercise L. Drudge-Coates, London (GB)
17.30 - 18.00	<ul style="list-style-type: none"> • Supporting men and their loved ones C. Arblaster, Cheltenham (GB)
20.00	Dinner

Sunday, 10 November

09.00 – 12.00	Module 4. Skills Development Workshop Chairs: C. Arblaster, Cheltenham (GB) P.H. Reynolds, Liverpool/London (GB)
09.00 – 09.30	<ul style="list-style-type: none">• Self-efficacy and health behaviour change J. McNamara, Sheffield (GB), <i>Rad Chat Host and Senior Lecturer in Healthcare</i><ul style="list-style-type: none">- Theory of self-efficacy: why is it important and what do we know about behaviour change- Short introduction to Motivational Interviewing
09.30 – 10.30	<ul style="list-style-type: none">• Practical Motivational Interviewing and personalised care J. McNamara, Sheffield (GB)<ul style="list-style-type: none">- Practical training on Motivational Interviewing
10.30 – 11.00	Coffee break
11.00 – 12.00	<ul style="list-style-type: none">• Practical Motivational Interviewing and personalised care J. McNamara, Sheffield (GB)<ul style="list-style-type: none">- Practical training on Motivational Interviewing
12.00 – 12.55	Module 5. Group work Group work: case study and consolidation activity Chairs: C. Arblaster, Cheltenham (GB) P.H. Reynolds, Liverpool/London (GB) Moderators: N. Klok, Enschede (NL) E. Van Der Laan, Amsterdam (NL) L. Drudge-Coates, London (GB) J. McNamara, Sheffield (GB)
12.55 – 13.00	Closing remarks
13.00 – 14.00	Lunch

Learning outcomes 6th ESUN course on Systemic treatments for prostate cancer

Upon completion of this course, the participants will be able to:

- Describe how systemic therapies are used and the side effects that men may experience
- Describe effective strategies to manage bothersome side effects
- Summarise the best ways to improve long-term health for men on ADT
- Give examples of how to educate caregivers and patients on strategies to manage side effects and promote behaviour change

