



# Developing a novel approach to follow up for patients with prostate cancer

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## Introduction / Objectives

Cancer survivors now account for approximately 22.4 million people globally. Debate around the need, effectiveness and efficiency of traditional models of follow-up care is ongoing. The objectives of this programme were to establish a novel shared care model of follow up involving primary and secondary care practitioners: to address quality of life; adequate monitoring for cancer recurrence; and reinforcement of the primary care teams roles.

## Materials and Methods

The prostate cancer service at Guy's and St Thomas' Foundation Trust along with stakeholders in Primary Care and patient representatives devised a Survivorship Programme as an alternative to traditional follow up. This was to be delivered through a treatment specific survivorship patient day consisting of a number of presentations to a group of patients who had undergone a specific treatment for prostate cancer. Topics included dietary advice, incontinence and erectile dysfunction. Evaluation of the programme was carried out through pre and post programme surveys.

## Results

Pre programme surveys suggested 46 (78%) patients were confident they knew what to expect from the day before attending, 11 (19%) came merely out of curiosity about the new programme and 26 (44%) attended because they liked the idea of addressing more than one problem at a single visit.

Analysis of the post programme survey revealed little difference in responses across the three groups. When questioned whether the programme was better or no different to a traditional follow up appointment, 18 (82%), 15 (83%) and 18 (95%) of the robotic radical retro pubic prostatectomy, EBRT and HT groups respectively agreed the day was better.



## Conclusion

An integrated primary and secondary care follow up programme delivering a patient focussed survivorship programme has the potential to dramatically improve the patients' experience and may prove to be an innovative and cost effective way of delivering safe, high quality care.