



Preliminary 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), *Lead urology Clinical Nurse Specialist, Chair, EAUN Special Interest Group Prostate Cancer*

P.H. Reynolds, Liverpool/London (GB), *Consultant Radiographer in prostate radiotherapy, Co-chair EAUN Special Interest Group Prostate Cancer*

13.05 – 14.30

Module 1. The changing landscape of systemic prostate cancer therapies

13.05 – 13.35

- **The systemic therapy landscape: Where are we now and how did we get here**
E. Castro, Madrid (ES), *Medical Oncologist*

13.35 – 13.50

- **Hormonal agents: How they work and side effects**
E. Castro, Madrid (ES)

13.50 – 14.10

- **PARP inhibitors and precision medicine in advanced prostate cancer**
E. Castro, Madrid (ES)

14.10 – 14.30

- **The unmet needs of men with prostate cancer and their loved ones**
C. Arblaster, Cheltenham (GB)

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| 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>Urological Oncology Clinical Nurse Specialist</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

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| 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<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 training<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 training<ul style="list-style-type: none">- Practical training on Motivational Interviewing |
| 12.00 – 12.55 | Module 5. Group work Group work, including a plan for one's own clinic, evaluation Chairs: C. Arblaster, Cheltenham (GB) P.H. Reynolds, Liverpool/London (GB) Moderators: t.b.d. |
| 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

