

# DEVELOPMENT OF A COMPREHENSIVE SUPPORTIVE CARE PROGRAM FOR PROSTATE CANCER PATIENTS AND THEIR PARTNERS

## The Vancouver Initiative

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**AIM:** To develop and implement a comprehensive supportive care program for prostate cancer patients and their partners in Vancouver, BC.

### THE NEED FOR SUPPORTIVE CARE:

- The average life expectancy has increased by ~30 years since prostate cancer was first described, and men now often live decades after diagnosis and treatment. Curative treatments are possible, but side-effects impacting bowel, bladder and penile function are common with all treatments.
  - 31% of prostate cancer patients report problems with continence<sup>1</sup>**
  - 88% of prostate cancer patients report problems with sexual function<sup>1</sup>**
- Studies going back to 1994 show that the **psychological distress on the partners of prostate cancer patients is often greater than that on the patients themselves<sup>2-3</sup>**.
- There are many treatment options available for prostate cancer, all with substantive adverse effects. This makes choosing a treatment particularly stressful.
- Thus supportive care must begin at diagnosis.

### THE PROSTATE CANCER SUPPORTIVE CARE PROGRAM

The Vancouver Prostate Centre's Prostate Cancer Supportive Care (PCSC) Program, is a comprehensive program for both prostate cancer patients and their partners. The program was designed with input from MDs & PhDs in urology, radiation oncology, psychology, exercise physiology, nutrition, sex therapy, and stress management. The philosophy of the PCSC program is to provide supportive care from initial diagnosis past end-of-life care (i.e. bereavement). **Using clinical, educational and evidence-based strategies, the PCSC program aims to address the physical and psychological needs of the prostate cancer population across the entire disease trajectory.** Using a centralized database, the services provided in the program will be assessed with established research tools.

CENTRALIZED

MODULAR

PREEMPTIVE

EDUCATIONAL

**MODULE 1:**  
INTRODUCTION TO  
PRIMARY TREATMENT  
OPTIONS

**MODULE 2:**  
OVERCOMING THE  
IMPACT OF TREATMENTS  
ON SEXUAL FUNCTION

**MODULE 3:**  
LIFESTYLE MANAGEMENT

**MODULE 4:**  
ADAPTING TO  
ANDROGEN DEPRIVATION  
THERAPY

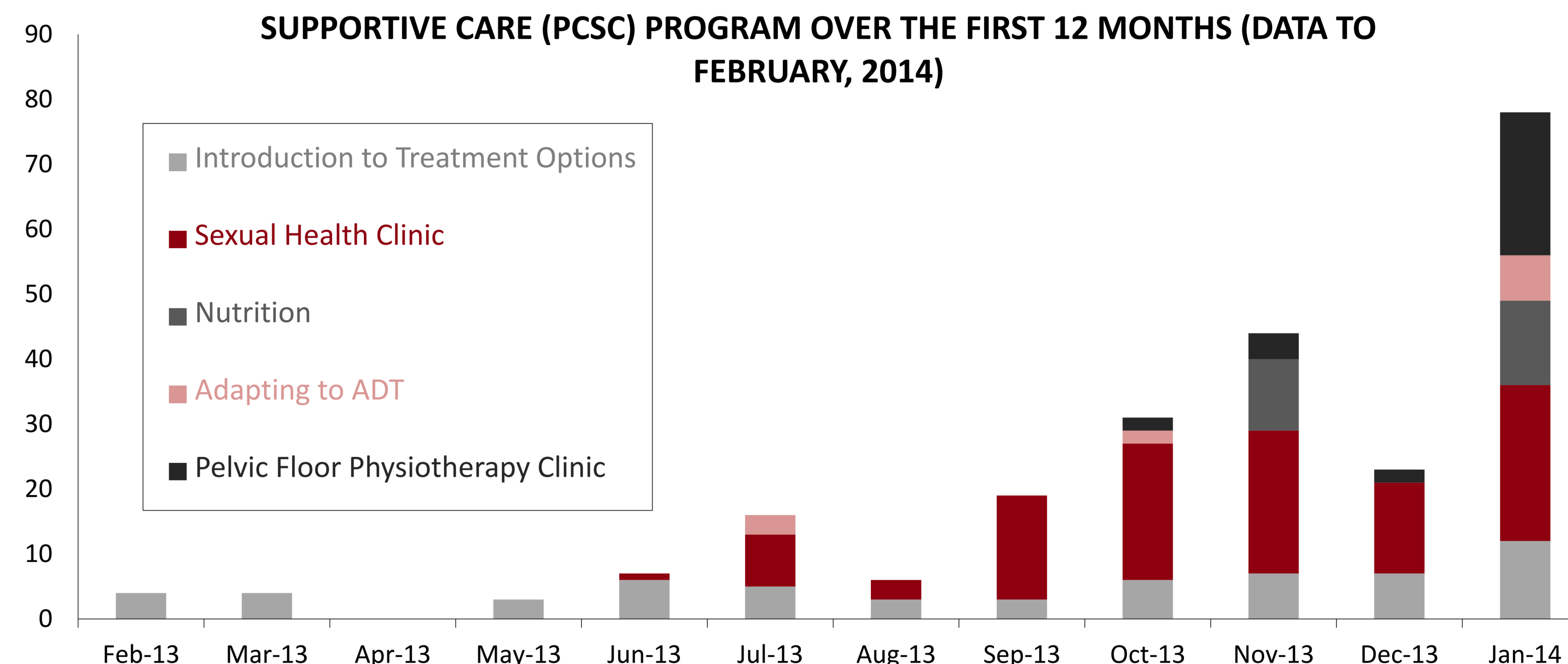
**MODULE 5:**  
PELVIC FLOOR  
PHYSIOTHERAPY FOR  
URINARY INCONTINENCE  
& ERECTILE DYSFUNCTION

#### ANTICIPATED MODULES:

- MANAGING THE DISTRESS OF DISEASE PROGRESSION
- COUPLE'S/FAMILY COUNSELLING
- MANAGING SIDE EFFECTS OF CHEMOTHERAPY
- PALLIATIVE CARE & BEREAVEMENT

### PROGRAM GROWTH TO DATE

PATIENT ENROLLMENT INTO THE FIRST FIVE MODULES OF THE PROSTATE CANCER SUPPORTIVE CARE (PCSC) PROGRAM OVER THE FIRST 12 MONTHS (DATA TO FEBRUARY, 2014)



- As of January 31<sup>st</sup>, 2014 148 patients and 70 partners have enrolled in at least one module of the PCSC Program. We are continuing to grow each month.
- Feedback from each of the sessions has been overwhelmingly positive.

### CHALLENGES & LONG-TERM GOALS

- Scheduling clinicians to participate in the program
- Implementation of research assessment of the modules
- Obtaining continued funding
- Documenting impact on health care costs
- Developing additional modules

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