



# Delivering a nurse-led survivorship programme to address the concerns of men who have undergone radical prostatectomy

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## BACKGROUND

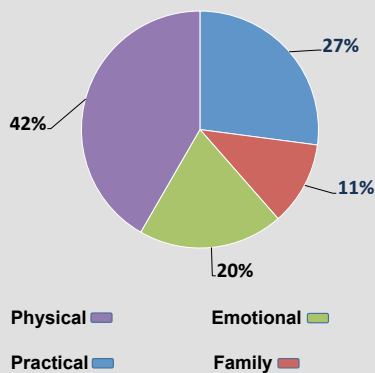
- There are currently more than 33,000 men living with and beyond prostate cancer (PC) in Ireland, representing 20% of the current cancer population (NCRI, 2017).
- The *National Cancer Strategy 2017-2026 (DOH, 2017)* recommends the development and implementation of survivorship programmes to meet the specific needs of survivors through early detection and management of side-effects associated with treatment.
- **Aim:** To evaluate the efficacy of delivering a nurse-led survivorship programme (NLSP) to address the most common concerns identified by men who have undergone radical prostatectomy (RP).

## METHOD

Between 2015 and 2016, 364 men were diagnosed with PC in St. James' Hospital. Men who opt to have a RP are invited to participate in the NLSP, where 6 weeks post RP they meet with a Clinical Nurse Specialist and physiotherapist. A *Patient Concerns Assessment* is performed - practical, family, emotional & physical concerns are identified and discussed. Urinary incontinence (UI) is assessed using the *ICIQ-UI* assessment tool (BUI, 2014). A care plan is initiated and a *Survivorship Support Pack* is provided to men along with an individualised pelvic floor exercise plan. A *Treatment Summary* is also created and a follow-up call is carried out at 8 weeks where men are invited to complete a repeat ICIQ-UI assessment and a patient satisfaction survey.

## RESULTS

Figure 1: Most common concerns identified



The *ICIQ-UI* assessment was completed by 40 men prior to their first clinic visit, and a repeat assessment was performed at 8 weeks. There was a reduction in (i) the average *ICIQ-UI* score, (ii) the number of episodes of UI, (iii) the amount of urine leakage, (iv) the number of pads being used by men each day.

Figure 3: ICIQ-UI Assessments pre and post NLSP

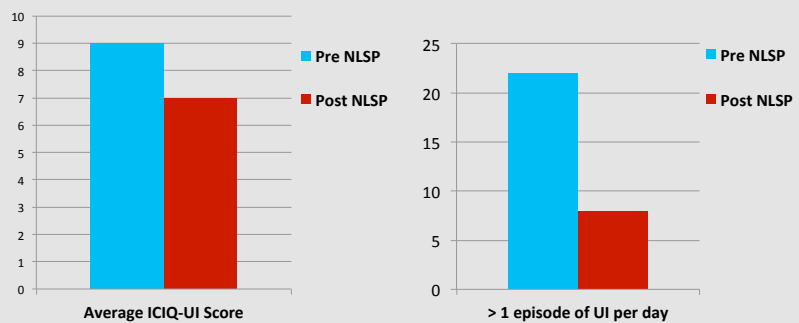
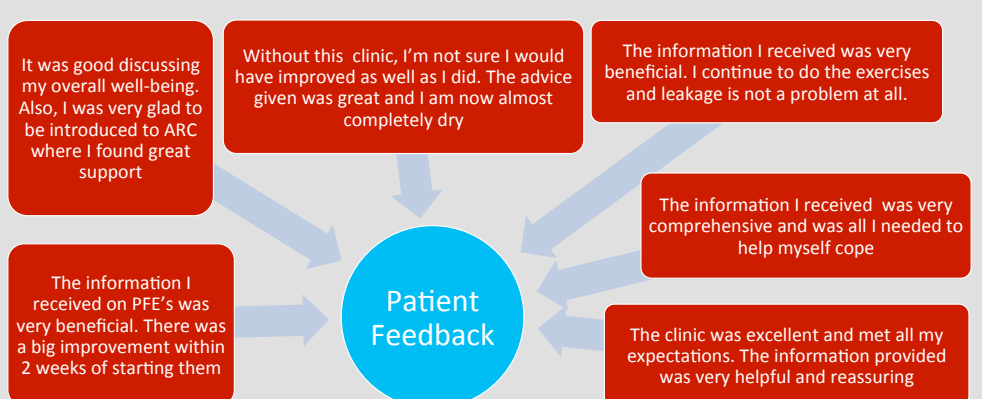


Figure 2: Most common onward referrals

- Erectile Dysfunction Clinic (29)
- Prostate Cancer Support Groups (15)
- Pelvic Floor Physiotherapy (8)
- Innovotherapy (3)
- Counselling Services (2)
- Exercise Programmes (2)
- Sexual Relationship Therapy (1)



## CONCLUSION

Findings from this evaluation provide strong support for the positive impact of participation in a NLSP for men who have undergone RP. Delivering a NLSP has ensured that any practical, family, emotional and physical concerns identified by survivors were addressed promptly, resulting in the provision of high quality individualised care and an improved patient experience, as recommended in the *National Cancer Strategy 2017-2026 (DOH, 2017)*.

### References

- National Cancer Registry Ireland (2017) 'Cancer in Ireland: 2004-2015. Annual Report of the National Cancer Registry' [https://www.ncri.ie/sites/ncri/files/pubs/NCRReport\\_2017\\_full%20report.pdf](https://www.ncri.ie/sites/ncri/files/pubs/NCRReport_2017_full%20report.pdf)
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- British Urological Institute (2014) 'International Consultation on Incontinence Modular Questionnaire'. <http://www.icq.net/ICIQ-UIshortform.html>