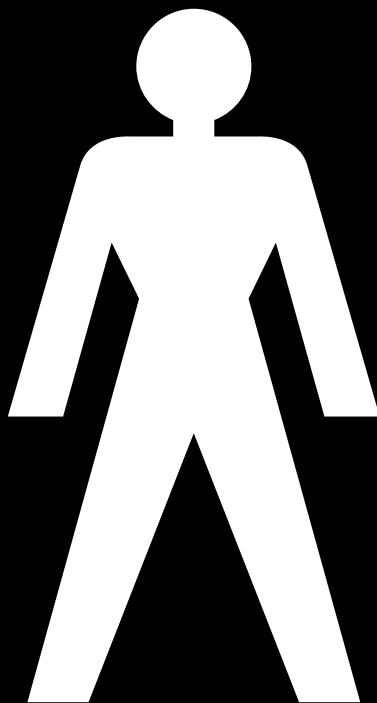


A quality checklist: Your standards of care



**PROSTATE
CANCER UK**

A quality checklist: Your standards of care

The following standards set out the prostate cancer care that you should expect to receive. Every man will have a different experience of prostate cancer, so not every standard will apply to you.

The first three standards apply at every stage, from the point of diagnosis.

1. You should have access to appropriate clinical expertise at every step. Healthcare professionals must work together in teams to ensure that you receive care that is properly coordinated.
2. You should be informed about the support services that are available to you, such as financial advice and emotional support, and be given information in a format that meets your needs.
3. Your partners, friends and family members should be offered information and support at every step to help them understand prostate cancer, the treatment options and their side effects.



This is a clear and comprehensive guide for men diagnosed with prostate cancer.

Stuart Watson, Derby,
Diagnosed with prostate cancer

Diagnosis

4. You should be given balanced information about the PSA blood test, the digital rectal examination (DRE) and biopsies. You should have the opportunity to discuss the pros and cons of the tests with a doctor or nurse.
5. When being given a diagnosis of prostate cancer, you should have a face-to-face consultation with a doctor or specialist nurse.
6. When receiving your diagnosis, you should be given written information about the type of prostate cancer you have.
7. After diagnosis, you, your partner and your family members should have access to a specialist nurse, who will provide consistent support and co-ordinate your care.



Quality should be at the heart of all healthcare, and these standards will help achieve the best quality for patients living with prostate cancer.

Dr Uday Patel MB ChB, MRCP, FRCR,
Consultant Uroradiologist, St George's
Hospital, London

Treatment and procedures

8. You should be given details of all the appropriate treatment options available to you (including information on possible side effects). You should have the opportunity to discuss these options with a doctor.
9. You should have access to the best treatment options and drugs that your doctor recommends, regardless of where you live.

Living with and after prostate cancer

10. Following treatment, you must be given a care plan that sets out what follow up tests and care you should expect to receive. This care plan should be regularly reviewed.
11. You should have regular check-ups to see if your treatment is causing short or long-term side effects. You should be referred to the most appropriate service to help manage these.
12. You should receive timely specialist support to manage any side effects.



I'm happy to endorse these standards.

Dr Richard Clements
MA BM BCh FRCS FRCR,
Consultant Radiologist, Royal Gwent
Hospital, Newport

End of life

Many men who have prostate cancer during their lives do not die from it. However, each year in the UK, 10,000 men do lose their lives to the disease. If you are approaching the end of your life as a result of prostate cancer the following standards should apply to you.

13. You should be given appropriate information about how to manage pain and other symptoms. You should be fully informed about the financial, emotional and support services available to you.
14. You should have the option to choose where you die.
15. Your partner, friends and family members should be fully informed about the information, support and bereavement services available to them.



Overall these standards are comprehensive and inclusive and I am happy to support them.

Professor Ellis McCaughan,
Professor in Cancer Care,
Institute of Nursing Research, School
of Nursing, County Derry

We hope these standards are of use to all men diagnosed with prostate cancer. For more information contact Prostate Cancer UK on 0208 222 7622 or go to prostatecanceruk.org/qualitycare

Organisations endorsing the checklist:



**Speak to our
Specialist Nurses**

0800 074 8383*

prostatecanceruk.org

Call our Specialist Nurses from Mon - Fri 9am - 6pm, Wed 10am - 8pm

* Calls are recorded for training purposes only.

Confidentiality is maintained between callers and Prostate Cancer UK.

Prostate Cancer UK is a registered charity in England and Wales (1005541) and in Scotland (SC039332). Registered company number 2653887.