



How you can implement supported self-management for men with prostate cancer



**PROSTATE
CANCER UK**

The supported self-management and follow-up care initiative is one of eight TrueNTH projects supported in the UK. TrueNTH is a global initiative, led by the Movember Foundation, tackling critical areas of prostate cancer care.

The TrueNTH programme is delivered in partnership with Prostate Cancer UK in the UK, and through this initiative we're working together to identify and demonstrate the best and most cost-effective models for improving prostate cancer survivorship care and support.

How the project was created

As part of the NHS England Cancer Taskforce strategy, all Cancer Alliances have been tasked with implementing risk-stratified follow-up pathways, including for men following prostate cancer treatment by 2020.

The TrueNTH supported self-management initiative, led by the University of Southampton, commenced in January 2014 with the aim of designing, introducing and evaluating a new prostate cancer follow-up pathway.

What are the key components of the supported self-management pathway?

The key components are:

- **Support worker** – Men are introduced to a (AFC band 4) Support Worker who is their key worker for the duration of their follow-up.
- **Workshop** – All men are required to attend a four-hour supported self-management workshop. This workshop aims to give men the knowledge, skills and confidence to self-manage.
- **Remote monitoring** – Men no longer need to attend face-to-face clinic appointments to discuss normal PSA test results. Nurse-led PSA Tracking Clinics are held using an electronic PSA tracking system. Men are recalled to clinic within two weeks if PSA results or symptoms warrant further investigation. Clinical monitoring protocols have been developed for each treatment group.
- **Patient online service** – Men are given the opportunity to sign up to a Patient Online Service, where they can access PSA results, Holistic Needs Assessments, health information and use an electronic messaging function to contact their Support Worker.

Where is it in operation?

This approach has been developed in conjunction with several NHS pilot sites – Royal United Hospital, Bath; University Hospital Southampton, Royal Cornwall Hospitals, Southport and Ormskirk and Dartford and Gravesham Hospital. It is now in operation at over eight hospitals across England, with discussions taking place with **an additional two dozen hospitals** and several Cancer Alliances, which are interested in implementing the approach across all the hospitals in their Alliance.

In the pilot sites, the care pathway was supported by an IT system which was developed and delivered by University Hospital Southampton. This system includes the patient-facing online service and a clinician-facing PSA tracking system.

What are the benefits it delivers?

For men:

- Patient outcomes are comparable to traditional clinic follow-up and improvements were demonstrated for quality of life and unmet needs.
- Day-to-day feedback from men is positive; over 3,000 men are already receiving support in this way.
- Support provided for men who traditionally report high levels of unmet needs, following the end of active treatment.

For the NHS organisation:

- Excellent clinical buy-in – initial evaluation of the workshops demonstrated a high level of acceptability to men and clinical teams.
- Supports NHS providers to accommodate increasing numbers of men post active treatment.
- More effective use of urology CNSs for men who require greater support.
- Remote monitoring is safe.
- Provides an evaluated model for NHS providers to deliver risk-stratified follow-up prostate cancer pathway
- The project can be expanded to include other tumour sites where this is suitable (including breast and colorectal, with over 1,300 people already receiving support in this way).

What does it cost?

There is evidence from the TrueNTH programme (and elsewhere) to demonstrate that remote monitoring of stable prostate patients is effective and costs significantly less than traditional clinic-based follow-up.

How long does it take to implement?

The development of supported self-management requires clear clinical championing and dedicated project management support, to ensure effective delivery. Once in place, supported self-management can be delivered within a six-month period.

What support is available to me?

There is a great deal of support available for sites which wish to implement supported self-management:

- TrueNTH supported self-management project support has been extended to January 2019.
- University Hospital Southampton can provide advice and guidance on both the implementation and the associated IT system.
- Prostate Cancer UK is able provide guidance on the key aspects of implementation.





To find out more visit:
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