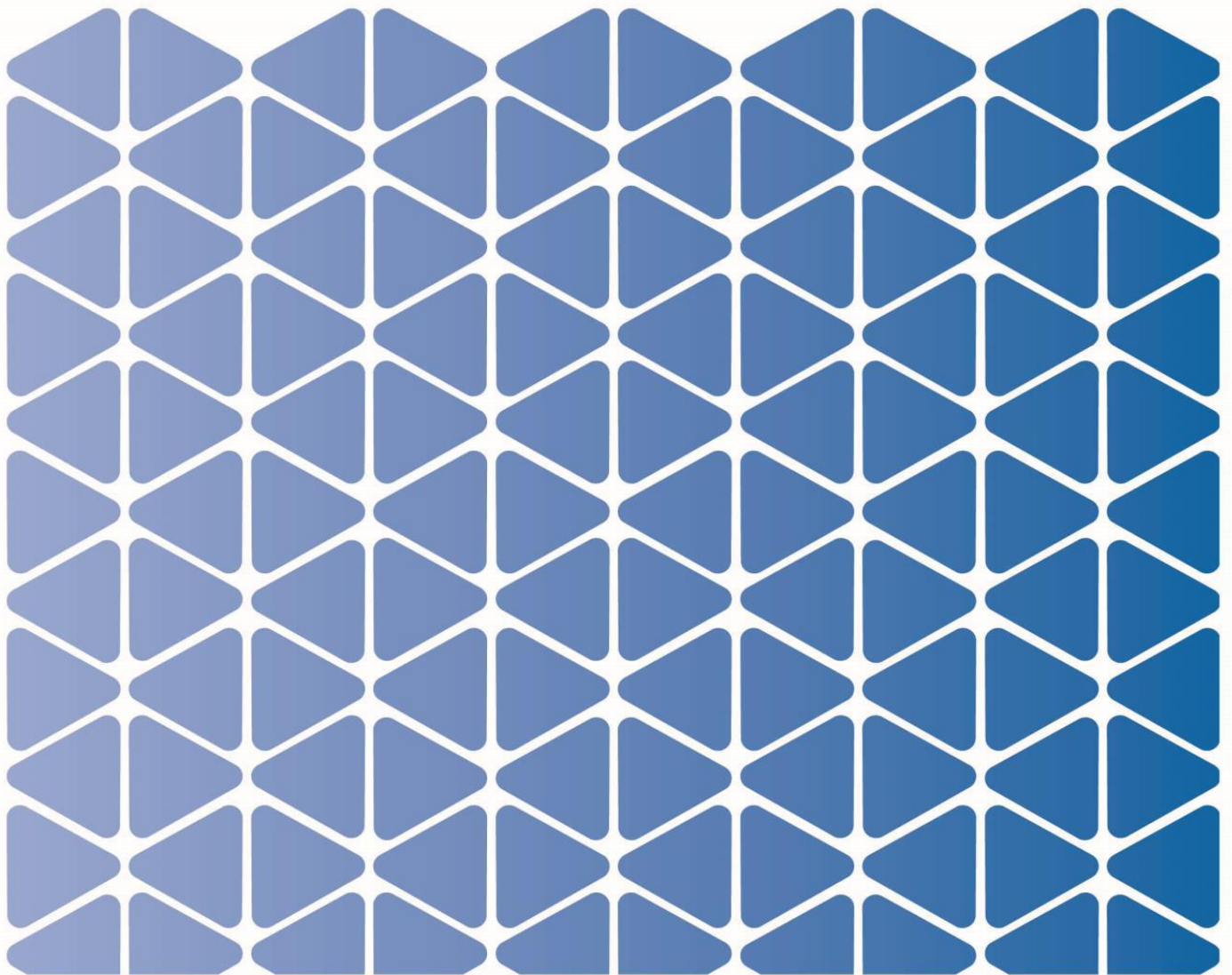


PATIENT INFORMATION

SURVIVORSHIP PROGRAMME

**Follow Up for Patients who have received
curative treatment for Prostate Cancer**



The Prostate Cancer Survivorship Programme, telephone follow-up.

Having been treated with a potentially curative treatment for prostate cancer it is still important that your recovery is monitored regularly. However, this does not need to take place at the hospital. As part of the National Survivorship Initiative, we offer you a different style of PSA monitoring that will provide you with appropriate support via your lead nurses for prostate cancer.

Your Lead Nurses Specialists.

We know that such a diagnosis and subsequent treatment affect people in different ways. In order to help us understand what your needs are and support your ongoing progress, your lead nurses will contact you at enrolment to complete a Holistic Needs Assessment. Areas covered could include: side effects from treatment or any issues you may feel are related to having had this condition. This information will be recorded on a care-plan, and any appropriate action initiated with a review date added. This will enable us to provide support tailored to your needs.

It is important to **call us for your future PSA results.**

The Lead Nurses for the Prostate Survivorship Programme are:

Kerry Holden and Sarah Holloway contact details :01562 512328 Or Email us at kerry.holden1@nhs.net or sarah.holloway6@nhs.net

Prostate Specific Antigen (PSA) Monitoring.

It is no longer necessary for you to attend the hospital for your PSA blood test. This can be taken at your local GP practice for convenience. We will make PSA requests and supply you with the reminder forms as required, you are encouraged to telephone in for results. If your PSA result has risen by a pre-determined amount (unique to you and your disease), we will contact your Consultant for a plan of care moving forward and contact you to discuss the plan. We will update your General Practitioner and post a copy to you for your records. **Remember PSA monitoring continues for life.**

Health and wellbeing.

As nurses we can offer advice and provide information to you.

Trust-wide health and wellbeing events are available for people affected by cancer, their families and carers. They run monthly across the county and aim to promote self-management through positive lifestyle changes. You are welcome to bring a relative, friend or carer. These have not been running since covid but the videos are available to view online at <https://www.worcsacute.nhs.uk/health-and-wellbeing>

The Kidderminster & Worcestershire Prostate Cancer Support Group are your local group and hold meetings in Kidderminster Town hall and Wychavon Civic Centre, Pershore. At these meetings speakers are provided on appropriate subjects giving you an opportunity to meet and talk to other members of the group and mix socially. Partners and family/friends are welcome.

For more information contact: - Mary Symons 01299 823166
Gordon Kingston 01386 462253

Website: www.kidderminsterpcsg.com

Charity No. 1100718

Prostate Cancer Survivorship Programme Clinical Lead: Mr. Adel Makar, Consultant Urological Surgeon.

Worcestershire Royal Hospital: 01905 763333

Please contact Patient Services on 01527 512177 if you would like this leaflet in another language or format (such as Braille or easy read).

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Thursday from 8.30am to 4.30pm and Friday: 8.30am to 4.00pm. Please be aware that a voicemail service is in use at busy times, but messages will be returned as quickly as possible.

If you are unable to understand this leaflet, please communicate with a member of staff.