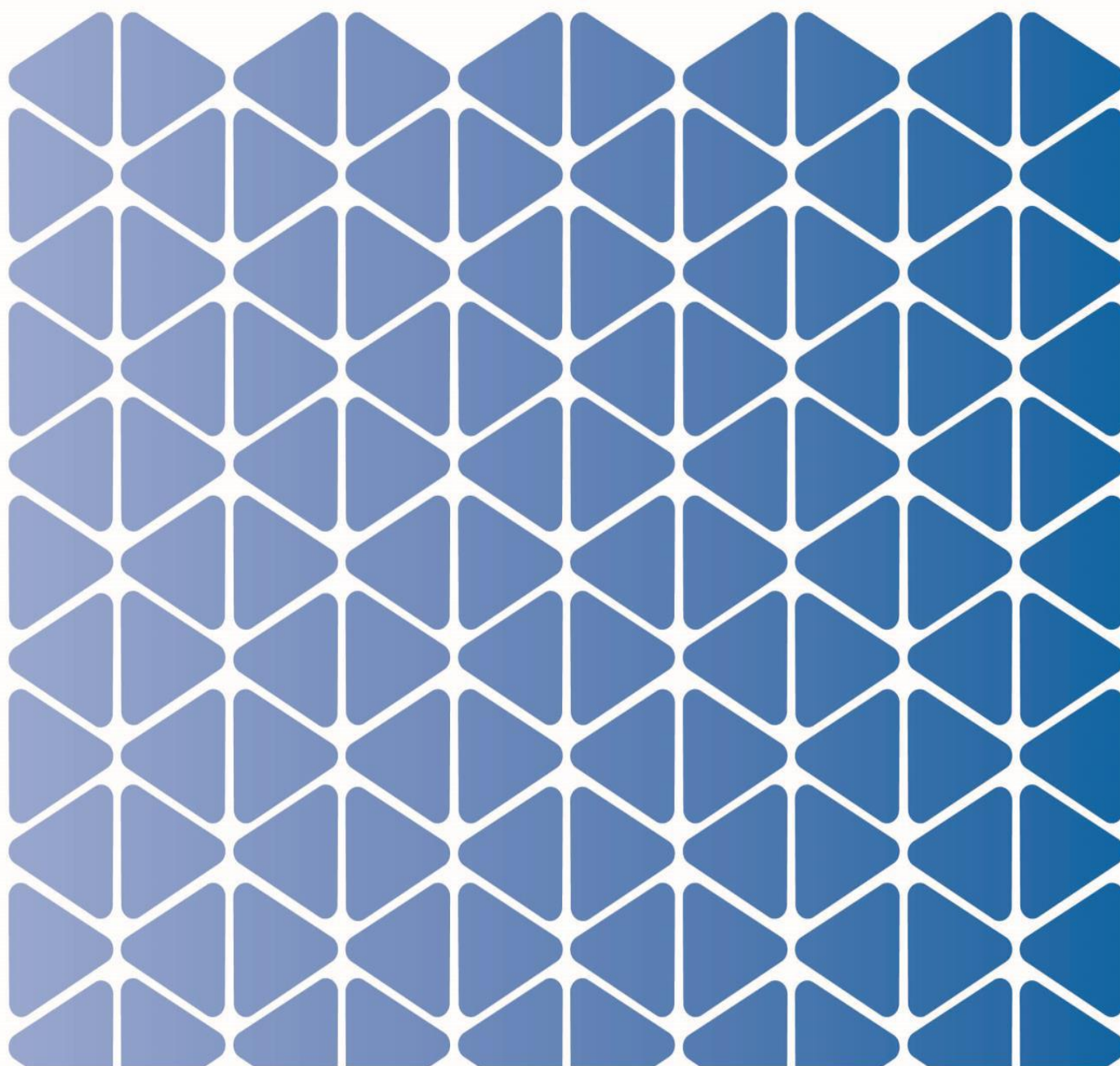


PATIENT INFORMATION**PSA Remote Monitoring Programme
after Prostate Cancer Radiotherapy**

PSA Remote Monitoring Programme

What is Remote Monitoring?

Traditionally, patients attend regular hospital appointments with a Consultant or Clinical Nurse Specialist (CNS) following treatment for prostate cancer.

Remote Monitoring is a follow-up service that allows your clinical team to monitor your progress without the need for routine hospital visits.

Your consultant or specialist has decided that remote monitoring is suitable for you. This means we can continue to monitor your condition safely, while making your follow-up care easier.

The PSA Remote Monitoring Service uses a secure computer system to track your PSA blood test results. The system is overseen by the clinical team and will alert us if your PSA level rises above your expected range. If further tests, investigations or a clinic appointment are needed, we will contact you directly.

What is a PSA test?

PSA (Prostate Specific Antigen) is a protein produced by the prostate gland. It is normal for all men to have a small amount of PSA in their blood.

A PSA test is a blood test that measures the level of PSA in your blood. PSA is produced by both normal prostate cells and prostate cancer cells.

Monitoring your PSA level is one of the most effective ways of assessing how well your treatment has worked and identifying any changes that may need further investigation.

After some treatments, particularly radiotherapy, PSA levels can take time to settle and may decrease gradually over several months or years.

Why is PSA Remote Monitoring suitable for me?

After radiotherapy treatment for prostate cancer, you will need regular PSA blood tests as part of your follow-up care.

Your specialist will advise how often these tests are needed. This is usually every 6 or 12 months, depending on the treatment you have received and your individual circumstances.

Regular PSA monitoring allows your clinical team to safely track your recovery and identify any changes early, without the need for routine hospital appointments.

Your results are reviewed promptly, and if any changes are identified, your clinical team will contact you to arrange further tests, advice, or appointments if needed.

How does PSA Remote Monitoring work?

When your next PSA is due, we will contact you by letter and text message with instructions on how to arrange your blood test.

- Your blood test should be completed within 2 weeks of your reminder
- Tests can usually be carried out at your GP surgery or local hospital
- Once your blood test has been taken, the result will be sent to the PSA Remote Monitoring Team and reviewed.

If your PSA level remains within the expected range:

- You will receive confirmation of your result via letter and text message.

If your PSA level rises or falls outside the expected range:

- A Clinical Nurse Specialist will review your result. We may ask you to repeat the blood test, arrange a follow-up appointment, or contact you to discuss the next steps.

What happens if I do not have my blood test?

It is important that you have your blood test when it is due.

If you miss your blood test appointment, please arrange another appointment as soon as possible. If we do not receive your PSA result, we may contact you with a reminder.

How will I know if my cancer comes back?

We will monitor your PSA blood tests regularly following treatment. In most cases, the earliest sign that prostate cancer may have returned is a rise in PSA levels, often before any symptoms develop. There are specific changes in PSA levels that will trigger a review by the clinical team.

A change in PSA does not always mean that cancer has returned. PSA levels can change for a number of reasons. If there are any concerns about your result, a member of the clinical team will contact you to discuss the next steps.

However, you should still contact your CNS team if you develop any new or concerning symptoms, such as:

- New or worsening urinary symptoms
- Bone pain that does not improve
- Unexplained weight loss
- Persistent fatigue
- Any other symptoms that concern you

Do not wait until your next scheduled PSA test if you experience these symptoms.

Who should I contact if I have concerns?

Please contact the Oncology Support Worker in the first instance if you have any concerns:

Email: wah-tr.uro-oncologypcfu@nhs.net

Telephone: 01905 760139

Contact times:

Monday to Friday, 08:00 – 16:00

What if I do not hear from you after my blood test?

You should receive communication from us after every PSA test, either by letter or text message.

If you have not heard from us within **3 weeks** of having your blood test, please contact the Oncology Support Worker.

What are the benefits of PSA Remote Monitoring?

PSA Remote Monitoring allows your clinical team to safely monitor your progress following treatment without the need for routine hospital appointments, as long as your PSA levels are stable and you have no concerning symptoms.

Benefits include:

- Fewer unnecessary trips to the hospital

- Reduced waiting times for outpatient appointments
- More convenient follow-up care
- No need to take time off work or incur travel costs for routine reviews
- Regular PSA results reviewed by a specialist clinical team
- Faster access to appointments if your PSA level changes or further assessment is needed
- Continued access to support and advice from your Clinical Nurse Specialist team if you have concerns

Many patients find routine appointments reassuring but can sometimes cause worry or anxiety. PSA Remote Monitoring enables us to provide safe, effective follow-up care while ensuring that specialist support is available whenever it is needed.

Will I need another scan?

You will likely only need a scan if your PSA begins to rise, or you alert us to any concerning symptoms.

What if I want to speak to a Clinical Nurse Specialist about my PSA results?

If you have any concerns or questions, please contact the Oncology Support Worker in the first instance. They will support you and pass your query to the Clinical Nurse Specialist (CNS) team if needed.

You can also contact the CNS team directly:

Telephone: 07763572770 / 07889914831

Email: wah-tr.uocnsteam@nhs.net

Please note that the CNSs are often working in clinics or reviewing patients and may not always be available to answer calls immediately. If you are unable to get through, please leave a message or contact the Oncology Support Worker, who will ensure your query is passed on.

How long will I remain on PSA Remote Monitoring?

Most patients remain on PSA Remote Monitoring for several years after treatment. The exact length of follow-up will depend on your individual circumstances and will be discussed with you.

Who should I contact if I become unwell?

The PSA Remote Monitoring Team is not an emergency service.

If you feel unwell:

- Contact your GP or NHS 111
- Attend your nearest Emergency Department if needed

If you are unwell and your symptoms may be related to your cancer or treatment, you can also contact the Acute Oncology Service Helpline: **01905 760158**

Please keep your contact details up to date

It is important that we have your correct contact details so we can send reminders and results.

Please inform your GP surgery and hospital team if your contact details change.

Contact details and support

Oncology Support Worker

Telephone: 01905 760139

Email: wah-tr.uro-oncologypcfu@nhs.net

Uro-Oncology Clinical Nurse Specialist Team

Telephone: 07889914831 / 07763572770

Email: wah-tr.uocnsteam@nhs.net

Hospital Contact Details

Worcestershire Acute Hospitals NHS Trust: 01905 763333

Alexandra Hospital, Redditch: 01527 503030

Kidderminster Hospital and Treatment Centre: 01562 823424

Phlebotomy (Blood Test) Services

To book a blood test at Worcestershire Royal Hospital, Alexandra Hospital or Kidderminster Treatment Centre, please use the link below or scan the QR code.

<https://www.worcsacute.nhs.uk/blood-testing/>



If you are experiencing any difficulties booking your appointment, please call 0204 652 7030.

Further support

Macmillan Cancer Support

0808 808 0000

www.macmillan.org.uk

Prostate Cancer UK

0800 074 8383

www.prostatecanceruk.org

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 Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

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