Remote PSA Monitoring

Uro-Oncology CNS Team
Relax, it's only a DRE
What is Remote Monitoring?

Safe, effective, follow up of patients with stable prostate cancer using a database and avoiding the need for regular outpatient clinic follow up.

- PSA tracker Database set up at RUH in 2004.
- Currently 2 systems running.
- 1160 patients currently active between the 2 systems.
- Originally set up for PSA monitoring as a way to improve the experience of prostate cancer patients by reducing the need for outpatient attendances.
- November 2015 Prostate Cancer UK Pilot of TrueNth Project
- RUH one of 5 pilot sites: Self Supportive Management Workshop, PSA Tracker and patient portal
- Complement LWBC programmes for all cancer sites
Who is Suitable for remote monitoring?

- Patients with prostate cancer who have completed radical treatment e.g. surgery, radiotherapy, brachytherapy.
- Patients on long term or intermittent hormone treatment.
- Patients who are on watchful waiting and have stable disease.
- Patients should have stable PSA readings, stable side effects and be ready for discharge from either Consultant or Nurse led clinics.
- Currently patients who are on active surveillance who are having regular scans and repeat biopsies are not enrolled on the tracker.
Patients have an HNA filled out at the time of discharge from clinic.

Seen by support worker and invited to self supported management workshop.

Treated as the patients last appointment and expected to attend.

Added to PSA tracker and IT portal system allowing patients to access own results and email specific queries.

Patients attend workshop with information on signs and symptoms, diet, exercise, emotional wellbeing and information on accessing the portal.

Workshop facilitated by CNS and support worker.
How does it work?

- Tracker run by CNS and support worker
- Patients receive a letter instructing when to have blood test with GP.
- Blood test requested 1\textsuperscript{st} of each month.
- Results automatically pull through onto database.
- Each cancer treatment assigned a specific PSA protocol. (frequency of testing)
- Letter generated to patient and GP.
- Patient letter has a list of signs/alerts to inform us about.
- Encouraged to fill out an HNA if any new symptoms or changes.
- Encouraged not to check own results out of office hours.
- Patients choosing not to use online service are not disadvantaged.
Benefits of remote follow up and self supported management.

- Patient has more control.
- Immediate contact if problems/ symptoms arise.
- Prompt results and relief from anxiety while waiting for OPA’s.
- Prompt clinic review if PS A concern or new symptoms.
- Continuity of contact, run by same team consistently.
- Each PSA check represents a “saved” outpatient appointment.
- Frees up Consultant OPA’s for more urgent patients.
- Robust, secure, electronic system ensuring no patient slips through the net.
- Last audit revealed no missed patients, no unexpected prostate cancer related deaths.
Thank you