

Remote PSA Monitoring

Uro-Oncology CNS Team





Collins

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.

Adding patients to remote follow up.....



- 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 1st 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

