



Prostate Cancer  
Supportive Care

# PROSTATE CANCER SUPPORTIVE CARE (PCSC) PROGRAM

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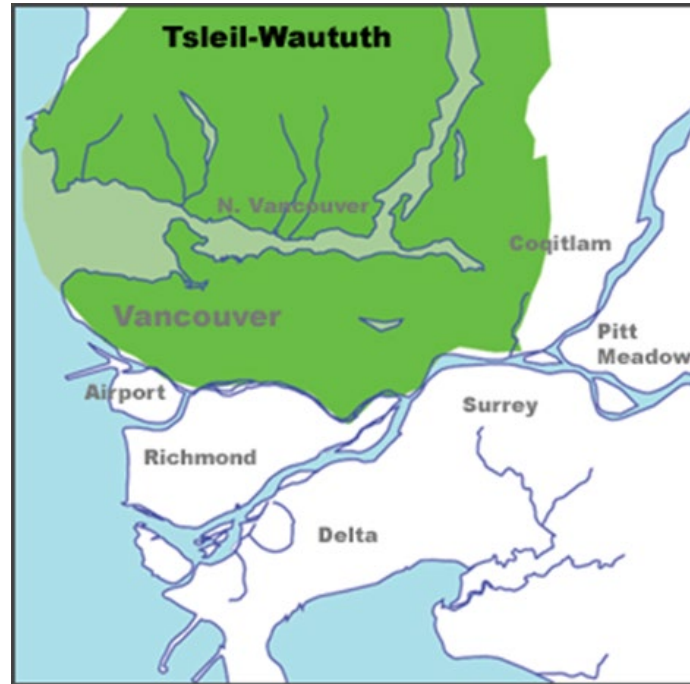
VANCOUVER  
PROSTATE CENTRE  
A UBC & VGH Centre of Excellence



Department of  
**UROLOGIC SCIENCES**  
UBC

# Land Acknowledgement

I would like to acknowledge that we are gathered today on the traditional territories of the Musqueam, Squamish and Tsleil-Waututh peoples.



# LEARNING OBJECTIVES

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1. How can the Prostate Cancer Supportive Care (PCSC) Program help prostate cancer patients
2. How to refer to the PCSC Program

# BACKGROUND

- The PCSC Program created by Dr. Larry Goldenberg, uro-oncologist at VGH
- Opened in Jan 2013, located 6<sup>th</sup> floor in the Diamond Health Care Centre with seed funding from Specialist Service Committee and philanthropic donations
- In 2017, MOH funds to continue Vancouver program and expand to 4 physical sites
- We continue to partner with BC Cancer and Prostate Cancer Foundation Canada to expand the reach of our program so patients across province can access program.

# THE PROSTATE CANCER SUPPORTIVE CARE (PCSC) PROGRAM

Our program designed to provide supportive care for both patients and their partners from the time of diagnosis onwards:

- Addresses diverse challenges to decision-making and coping across the entire disease trajectory
- This is both a supportive care program and a research initiative
- A set of “modules” or programs that provide supportive care beyond treating the cancer itself
- Most ‘modules’ in the program include preemptive and educational themes

# THE PCSC PROGRAM

- Patient registers to participate in program
- Program Coordinator assists patient in navigating program modules based on individual needs and desires
- There are 8 modules that address topics relevant to prostate cancer patients
- Most modules have both a group education session, as well as a clinic, for individualized recommendations and advice
- Attendance at education sessions are mandatory prior to booking for individual clinic appointments
- Partners and/or family members are invited to all sessions
- All modules offered both in-person and virtually

# THE PCSC PROGRAM

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The program is currently comprised of eight modules:

- Introduction to Prostate Cancer & Primary Treatment Options
- Managing the Impact of Prostate Cancer Treatments on Sexual Function and Intimacy
- Movement & Exercise for Prostate Cancer Patients
- Nutrition Advice for Prostate Cancer Patients
- Recognition & Management of Treatment Related Side Effects of Androgen Deprivation Therapy (ADT)
- Pelvic Floor Physiotherapy for Bladder and Bowel Concerns
- Counselling Services
- Metastatic Disease Management

# INTRODUCTION TO PROSTATE CANCER & PRIMARY TREATMENT OPTIONS

- Education session presented by a urologist and radiation oncologist
- Biology of prostate cancer, how prostate cancer is diagnosed, who is at risk?
- Treatment options and side effects on surgery vs radiation
- Non-biased information
- Overview of all modules offered in the program
- Often have a patient representative to share his prostate cancer journey

# MANAGING THE IMPACT OF PROSTATE CANCER TREATMENTS ON SEXUAL FUNCTION AND INTIMACY



## Module 2: Sexual Rehabilitation

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**Goal:** To provide education, supportive care, medical and surgical therapy to enhance sexual functioning, intimacy and quality of life

# CLINICAL CARE MODELS

Our sexual rehabilitation module is composed of two different care models that work together to provide care for patients and their partners:

## **PCSC Sexual Health Clinic**

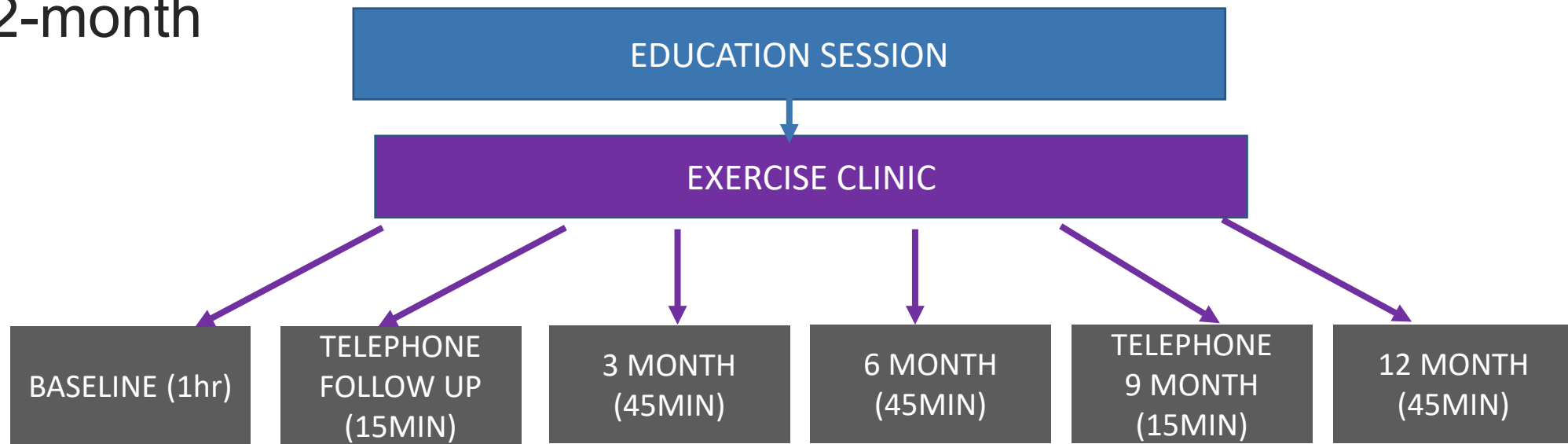
- Monthly education session
- Offers 7-9 visits with a sexual medicine physician and sexual health nurse for personalized care
- In-person or virtual appointments
- Access to personalized educational resources

## **Online SHAReClinic**

- Initiative in partnership with TrueNTH SHAReClinic created in Toronto
- Offers personalized education online
- Access to message or converse with health coach for personalized care

# MOVEMENT & EXERCISE FOR PROSTATE CANCER PATIENTS

- Certified Exercise Physiologist available for five one-on-one appointments to assess fitness level and exercise needs
- Mandatory education session
- Tailored exercise prescription, anthropometrics and medical history taken in clinic
- Baseline, 1-month (telephone), 3-month, 6-month, 9-month (telephone) 12-month



# NUTRITION ADVICE FOR PROSTATE CANCER PATIENTS

- Monthly education session on nutrition for prostate cancer patients delivered by a Registered Dietitian
- One-on-one appointments with a Registered Dietitian to tailor healthy eating recommendations to your personal food preferences and health conditions
  - Nutrition checkup
  - Fresh ideas for healthy meal plans
  - Special or medical diet

# RECOGNITION & MANAGEMENT OF TREATMENT RELATED SIDE EFFECTS OF ANDROGEN DEPRIVATION THERAPY (ADT)

- A preemptive education session about ADT: how it works, who needs it and how to reduce its side effects
- Monthly education session delivered by a Nurse Practitioner
- Sessions for both patients and partners
- ADT clinic delivered by a Nurse Practitioner is available to help with management of side effects!

# PELVIC FLOOR PHYSIOTHERAPY FOR BLADDER & BOWEL CONCERNS

- A monthly education session presented by a physiotherapist with a Canadian certified specialty in male pelvic floor rehabilitation
- Helping patients understand typical bladder and bowel control mechanism
- 4 complimentary one-on-one physiotherapy sessions pelvic floor exercises, behavioral and cognitive techniques can all be a component of treatment
- Sessions are individualized to meet each person's specific concerns

# COUNSELLING SERVICES

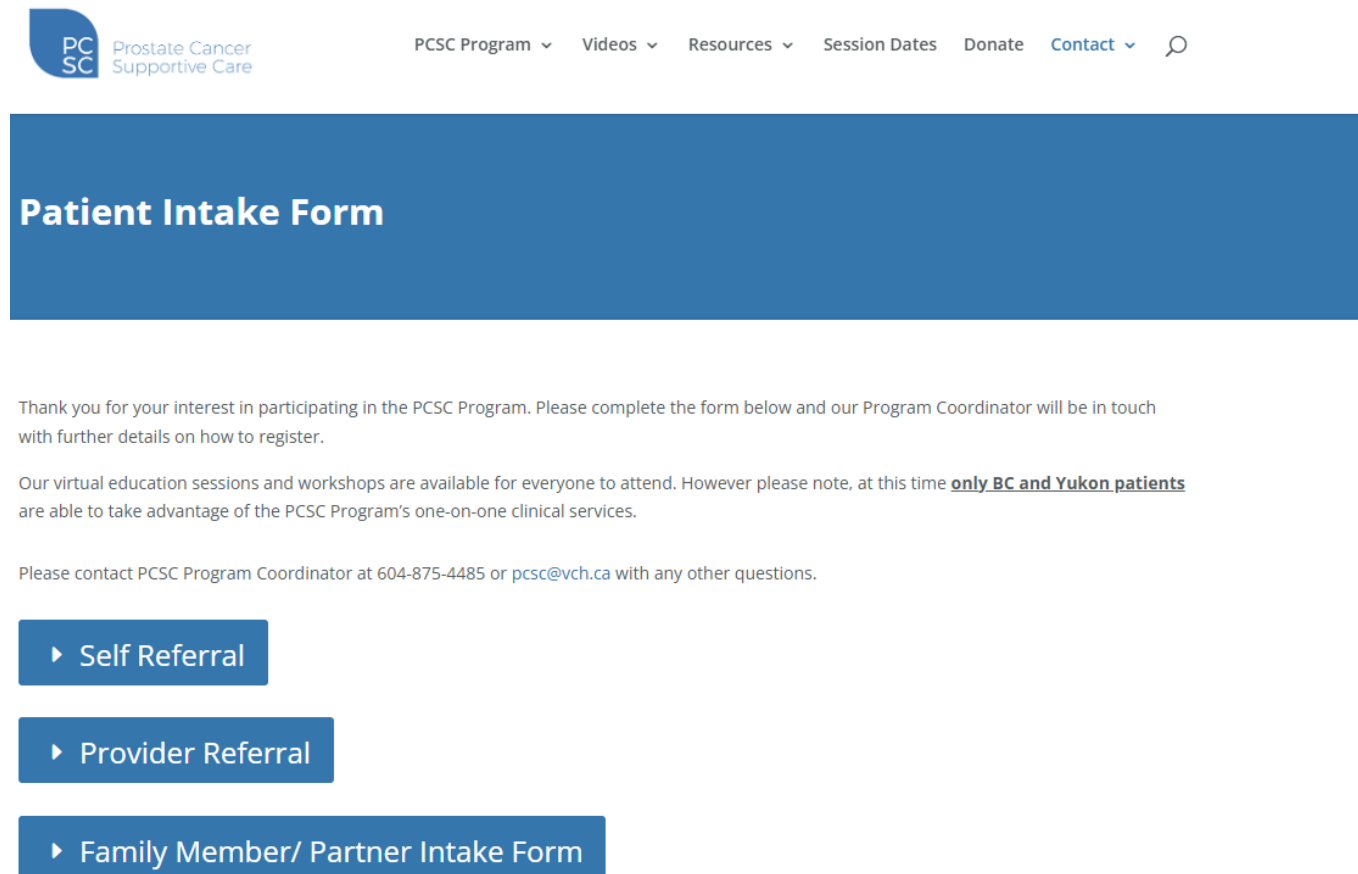
- Counselling can help you cope with difficult emotions such as fear, loss of control, anger and other distressing feelings
- You may also find that the side effects from treatment may impact how you feel about yourself, your identity and your ability to undertake your usual activities and roles
- Counsellors can provide information about group programs and other community resources
- We offer up to 6 complimentary, private, confidential clinic appointments for prostate cancer patients and their spouses/partners with our clinical counsellor

# METASTATIC DISEASE MANAGEMENT

- Delivered by Medical Oncologists
- Monthly education session for patients with metastatic prostate cancer
  - Hormone Sensitive
  - Castration Resistant
- Understand the disease characteristics and natural history of metastatic prostate cancer
- Become familiar with the different treatments for metastatic prostate cancer, type of therapy and side effects

# REFERRAL PROCESS

- Physician referral
- Allied health referral
- Patients can self refer (require a physician referral M2 Module)



The screenshot shows the PCSC (Prostate Cancer Supportive Care) website. The header includes the PCSC logo and navigation links: PCSC Program, Videos, Resources, Session Dates, Donate, and Contact. A large blue banner reads "Patient Intake Form". Below the banner, a message states: "Thank you for your interest in participating in the PCSC Program. Please complete the form below and our Program Coordinator will be in touch with further details on how to register." It also notes that virtual education sessions are available for everyone, but only BC and Yukon patients can use the one-on-one clinical services. Contact information for the PCSC Program Coordinator is provided: 604-875-4485 or pcsc@vch.ca. At the bottom, there are three blue buttons with white text: "Self Referral", "Provider Referral", and "Family Member/ Partner Intake Form".

PCSC Prostate Cancer Supportive Care

PCSC Program Videos Resources Session Dates Donate Contact

## Patient Intake Form

Thank you for your interest in participating in the PCSC Program. Please complete the form below and our Program Coordinator will be in touch with further details on how to register.

Our virtual education sessions and workshops are available for everyone to attend. However please note, at this time only BC and Yukon patients are able to take advantage of the PCSC Program's one-on-one clinical services.

Please contact PCSC Program Coordinator at 604-875-4485 or [pcsc@vch.ca](mailto:pcsc@vch.ca) with any other questions.

▶ Self Referral

▶ Provider Referral

▶ Family Member/ Partner Intake Form

# PCSC PROGRAM CONTACT DETAILS

Prostate Cancer Supportive Care (PCSC) Program  
Gordon & Leslie Diamond Health Care Centre  
Level 6, 2775 Laurel Street  
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Website: [www.pcscprogram.ca](http://www.pcscprogram.ca)



@PCSC\_Program



pcscprogram

# BLADDER CANCER SUPPORTIVE CARE (BCSC) PROGRAM

- Introduction to Bladder Cancer & Primary Treatment Options
- Managing the Impact of Bladder Cancer Treatments on Sexual Function and Intimacy
- Ostomy, Wound and Continence Care
- Counselling Services
- Exercise for Bladder Cancer Patients
- Nutrition Advice for Bladder Cancer Patients
- Pelvic Floor Physiotherapy in Patients with Neo-Bladder and Bowel Management
- Metastatic Disease Management

# BCSC PROGRAM CONTACT DETAILS

Bladder Cancer Supportive Care (BCSC) Program  
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Website: [www.bcscprogram.ca](http://www.bcscprogram.ca)

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# Questions??