

Background

Men diagnosed with prostate cancer (PC) face treatment-related sequelae that affect their health and quality of life.

The Prostate Cancer Supportive Care (PCSC) Program at the Vancouver Prostate Centre was created in 2013 with funding from the Doctors of BC. It is a clinical, educational, and research-based program for men and their family members to address prostate cancer-specific challenges such as erectile dysfunction and urinary incontinence and offers a proactive approach to lifestyle changes in diet and exercise.

The program includes education sessions and selected clinics on the following topics:

-  **Introduction to PC and primary treatment options**
-  **Management of androgen deprivation therapy related side effects**
-  **Sexual health and intimacy**
-  **Pelvic floor physiotherapy for bladder and bowel concerns**
-  **Exercise**
-  **Counseling**
-  **Nutrition**
-  **Advanced disease management**

Methods

We describe the development and evolution of PCSC's prostate cancer-focused approach over the last eight years.

Results

- **Personnel**
A Medical Director and Program Manager oversee the day-to-day operations. Clinicians include a sexual health RN (0.8 FTE), subspecialized sexual health urologist, pelvic floor physiotherapist, dietitian, exercise physiotherapist, ARNP, and counselor (all 0.2 FTE).
- **Funding**
Current funding for the PCSC Program is from a grant from the BC Ministry of Health, research grants and contracts, and philanthropic donations.
- **Clinic offerings**
The PCSC website offers educational video recordings, patient handouts, and other resources.
- **Format**
Education sessions are now all virtual. Clinics have transitioned from in-person to hybrid. Since the COVID pandemic, most education and clinic sessions are now virtual (Table).
- **Metrics**
As of 06/2022, 2954 patients have registered for this no-cost program. Patients choose sessions relevant to areas of interest or need (Table). CSQ8 questionnaires indicate high patient satisfaction.
- **Data Collection and Research**
We enter data, including validated PROs, for all patients into a database. PCSC conducts clinical research and has published 14 papers in peer-review journals.
- **Reach of program**
Men across BC have access to the full program.

The live and recorded education sessions are available through the pcscprogram.ca website.

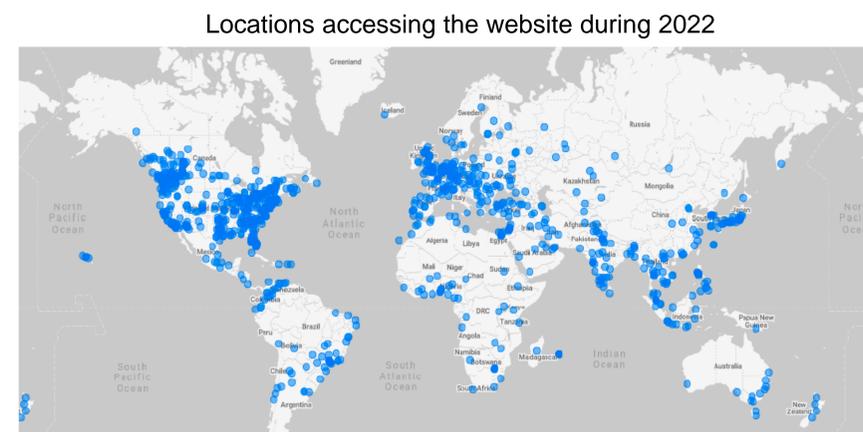


Table: Module offerings and attendance numbers from 2013 to June 2022

Modules	# unique patients/module	# appointments	# in person visits	% virtual appointments since April 2020*
Introduction to PC and primary treatment options	839	848	612	100
Sexual health and intimacy	1616	5873	4687	74
Exercise	749	2353	1740	63
Management of androgen deprivation side effects	402	486	396	62
Pelvic floor physiotherapy	1164	2887	2239	73
Counseling	399	1199	745	82
Advanced Disease Management	71	71	0	100
Nutrition	645	941	567	76

*The program started offering virtual health appointments starting April 2020.

Conclusions

- PCSC is a unique survivorship program in that it is prostate cancer-focused.
- The program has continued to grow over the past 9 years in terms of annual participants and the scope of offerings.
- The transition from in-person-only clinics and educational sessions to virtual platforms increased accessibility to the PCSC clinical services for British Columbia PC patients and family members.
- The live virtual educational sessions are available to anyone with internet access.
- This disease-specific survivorship program is successful and could be a model for other genitourinary malignancies.

Disclosures

The authors have no relevant conflicts.

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