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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. 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. The PCSC Program offers a proactive approach to lifestyle changes in diet and exercise.

The program includes group education and associated clinics on the following topics:



• Clinic appointments

Only residents of British Columbia can be seen for clinic appointments. Patients can choose to be seen either in person or virtually.

• Metrics

As of 09/2023, 3562 BC patients have registered. Patients choose sessions relevant to their interests or needs (Table). PCSC maintains high patient satisfaction, as indicated by responses to patient satisfaction questionnaires.

Modules	Attendee, n	Group education, (# sessions)	Clinic Appointments, (#appointments)	Mean Overall Satisfaction* (# respondents)
Introduction to PC and Primary Treatment Options	1004	1004 (162)	not applicable	4.8 (91)
Managing Sexual Function and Intimacy	1880	869 (127)	1587 (6515)	4.6 (71)
Management of side effects of ADT	465	391 (98)	214 (318)	4.2 (22)
Pelvic Floor Physiotherapy for Incontinence	1394	953 (98)	949 (2540)	4.7 (138)
Counselling	479	35 (2)	472 (1732)	5.0 (11)
Metastatic Disease Management	93	93 (33)	not applicable	4.6 (13)
Nutrition	825	569 (66)	398 (641)	4.6 (122)
Exercise	875	477 (73)	710 (2288)	4.6 (38)

*One-year data 08/22 to 08/23: Satisfaction Survey scale 1 -5, with 1 lowest, 5 highest

Methods

We describe the development and evolution of PCSC's prostate cancer-focused approach over the last ten years and report metrics from our program's database.

Results

• Personnel and clinic space

A Medical Director and Program Manager set the mission, oversee the day-to-day operations, and hire and manage the allied health clinicians and support staff. Office/clinic space is rotated during the week to accommodate:

- Sexual health RNs (1.4 FTE),
- Pelvic floor physiotherapists (1.2 FTE)
- Nurse practitioner (0.2 FTE)
- Registered dietitian (0.2 FTE)
- Clinical exercise physiologist (0.3 FTE)
- Clinical counselor (0.4 FTE)
- BC Cancer medical oncologist delivers the advanced disease
- A sexual health urologist is available in the clinic

• Funding

Current funding for the PCSC Program is from a grant from the BC Ministry of Health, research grants and contracts, and philanthropic donations. The program is offered to all patients free of charge.

• Website offerings

The PCSC website, pcscprogram.ca, offers educational videos, handouts, and other resources. Patients can sign up to attend the real-time live interactive education sessions held each month.

Locations accessing the website during 2022



• Data Collection and Research

We enter all patient data into a database, including validated patient-reported outcomes (PROs). PCSC conducts clinical research and has published 14 peer-reviewed papers.

Conclusions

- The need for PC supportive care is well recognized but may be challenging when the services are fragmented and time-consuming for clinicians or staff to arrange.
- PCSC is a unique survivorship program in that it is prostate-cancer-focused. All PCSC Program modules can be accessed with one registration. It is convenient for patients because it is housed in one location, facilitating communication across disciplines.
- After over ten years in operation, the program has grown in terms of annual participation and the scope of offerings.
- The transition from in-person-only clinics and educational sessions to virtual platforms increased the accessibility of PCSC clinical services for British Columbia PC patients and family members.
- We attribute the success of our program to this model and our team approach to meeting the individual patient's needs.

Acknowledgments

