

# What are the signs and symptoms to look out for?

- **Bone pain** lasting for more than 6 weeks
- **Blood in poo** which can be a late effect of radiotherapy. Occasionally this could be due to an unrelated bowel disorder so needs to be reported and investigated promptly
- **Blood in urine** can be caused by a urine infection or related bladder or kidney problem which needs further investigation
- **New or worsening incontinence** in some instances you may be invited back to hospital for urinary flow test and an ultrasound

## Your Feedback

We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/ department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before leaving please complete a Friends and Family Test feedback card.** Help us transform NHS services and to support patient choice.

## OUR VALUES



- Collaboration** We work positively with others to achieve shared aims
- Accountability** We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan
- Respect** We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride
- Empowerment** We speak out when things don't feel right, we are innovative and make changes to support continuous improvement
- Support** We are compassionate, listen attentively and are kind to ourselves and each other



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240

Authors: Lauren Payne  
and Uro-Oncology Nurses

# Prostate Personalised Care Follow-Up



## What is Prostate Personalised Care Follow-Up (PCFU)?

In order to save you coming to hospital when you feel well and symptom-free, we are replacing routine face-to-face examination-type appointments with a new self-management service.

This allows you to call your Specialist Nurse when you have a problem. This will mean that you no longer have to come to hospital if you are feeling well and do not have any worrying symptoms.

## Why have you given me this leaflet?

You have been given this leaflet to explain how you can self-manage following your treatment for prostate cancer at James Paget University Hospital. This follow-up service has been put in place for patients who have been treated for prostate cancer and have low risk of their cancer returning.

## Why have you introduced self-management?

Patients often get anxious as their routine follow-up appointment approaches. Sometimes they are tempted to put off and delay reporting worrying signs and symptoms.

We have also found that patients are often much better at spotting changes in their condition. Often regular face-to-face visits to outpatient appointments are much less likely to find important changes than patients are able to find themselves.

## Is the James Paget University Hospital the only hospital to have self-management follow-up?

No (although it may be called different things in different places). More and more hospitals across the country are changing the way patients are followed up after treatment for prostate cancer.

## What information will I be given?

At the end of your treatment someone from your clinical team will explain to you how the follow-up service works. You will be taught what signs or symptoms to look out for and any special symptoms that you need to seek more advice on.

Your first point of contact will be your Specialist Nurse who will give you written information on:

- Your diagnosis and medication
- The treatment you have had and the possible side effects.
- Signs and symptoms to report
- Being aware of changes in the body
- How to use the Helpline which gives you fast access to your Specialist Nurse if you need it.
- The process your Specialist Nurse will follow if you need to be booked back into clinic at any time in the future.

## Will I still be able to access the urology service in the event of concerns?

Yes, you can call the Specialist Nurses on the dedicated helpline **01493 453510** if you have any queries or problems, and you will be encouraged to do so. The helpline is monitored between **08:30 and 16:30 Monday to Friday** and you will be called back by your Specialist Nurse within 24 hours.

If they feel that it would be appropriate for you to come back to clinic to be seen face-to-face by a clinician, you will be offered a clinic appointment, or if necessary, an appropriate diagnostic test within 14 days of your telephone call.

## Will I continue to have routine follow-up tests?

Yes. Unless it has been otherwise specified at the end of your treatment, you will need to continue to have regular PSA blood tests and possible bone health checks for at least five years.

## Are there any other regular tests that I may need to have?

Following your treatment, you and your GP will be told if you need any additional regular checks. If required these will be organised in line with local arrangements where you will receive clear instructions on what you will need to do.