

The ROYAL MARSDEN

NHS Foundation Trust

Empower Prostate

A quick guide to your new prostate cancer follow up

Urology Unit

Patient Information



What is the Empower Prostate service?

Empower Prostate is a patient initiated follow up pathway for those who have had treatment for prostate cancer. It runs alongside the Consultant-led clinics to support you to feel more confident in managing your post treatment side effects, and looks after you with a whole-body focus. This includes support with both the physical and psychological effects of your treatment. Empower Prostate will reduce your need for time-consuming appointments at the hospital or over the phone, giving you control over your results and follow up. Once you are enrolled, you will receive a package of resources to support your recovery after your prostate cancer treatment. You are encouraged to take an active role in your recovery, with support available when needed.

How often will I be followed up?

Your first appointment will be by telephone, to introduce ourselves, assess how you are after your treatment and to manage any ongoing side effects you might be experiencing. We will check your Prostate Specific Antigen (PSA) and any other blood tests we need to keep an eye on during and after your treatment.

If you are coping well and your side effects are under control, your next appointment can be done virtually. A member of the team will then review your results and send them out to you via a message on MyMarsden. This way you won't need to wait for a telephone call or face to face appointment unless you need one. To help you to think about your needs after treatment, you will be asked a few questions covering symptoms, side effects and emotional well-being. Your responses help guide whether you need more support, providing a more tailored follow up service.

Why are we doing this?

All our patients have different needs, what is important to you won't always be the same as what's important to someone else. Everyone does not need the same level of involvement from their clinical team at all stages of their recovery journey. Empower Prostate allows you to manage your recovery with appropriate support based on your needs. This means that we can offer more support to those that need it most, and more freedom and flexibility to those who have fewer concerns.

What happens if I have a problem?

Your follow up tests are carried out at the same point as they would be in the Consultant-led clinics. Results are closely monitored by the team, and you will have contact details for the Empower Prostate team. You will have a named Clinical Nurse Specialist (CNS) to support your journey. You can also use The Royal Marsden Hotline for any urgent, clinical queries related to your treatment and recovery.

What happens next?

You will be sent a welcome pack with links to resources and information to help you with your recovery. You will receive a reminder letter and questionnaires around 2 weeks before your next blood test is due.

If you haven't already, please set up "MyMarsden" so we can communicate effectively with you.

More information can be found here:

www.royalmarsden.nhs.uk/mymarsden/mymarsden-faq

If you have any further questions, please contact the Empower Prostate team via MyMarsden, or via email – rmh-tr.empower@nhs.net

Best wishes,

The Empower Prostate Team

References

This booklet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this booklet are available on request from:

The Royal Marsden Help Centre

Telephone: Chelsea 020 7811 8438 / 020 7808 2083

Sutton 020 8661 3759 / 3951

Email: patientcentre@rmh.nhs.uk

No conflicts of interest were declared in the production of this booklet.

Should you require information in an alternative format, please contact The Royal Marsden Help Centre.

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