

# Surgical School

## Robotic Assisted Radical Prostatectomy + Health and Well-being

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# The Aims of these events

- ❖ Increases patient knowledge
- ❖ Manages patient expectations
- ❖ Helps patients to recover better
- ❖ Allow patients to ask questions





# Prostate School

- All men are required to attend Prostate School prior to surgery
- The aim is to give men **knowledge, skills and confidence to manage aspects of their prostate cancer diagnosis**
- To empower them to take control of their own care pathway and seek assistance when necessary
- Topics include; Supported Self-Management, PSA blood testing, important **signs and symptoms, assessment and goal setting**, physical and emotional wellbeing and the OUH Patient Online Service (health for me Patient Portal )
- Introduce the Stratified / patient led follow up pathway and give the tools / information to follow this
- Men will be asked to complete a **Holistic Needs Assessment**
- Usually has between five to ten men in attendance
- Optimise their health and wellbeing

# What to expect

- Before surgery
- The day of surgery
- The anaesthetic room
- During the operation
- The recovery room
- The ward
- Going home





## What does it involve?

<b>Introduction to the service</b>
<b>What is PSA and surveillance?</b>
<b>The long term complications arising from prostate cancer diagnosis and treatment</b>
<b>Thrivorship issues (flourishing after your treatment)</b>
<b>Signposting to other areas of support</b>
<b>How to arrange a review</b>
<b>Responsibilities (managing your well-being and blood tests etc)</b>



# Health & Wellbeing

Understanding Blood test monitoring  
Living with & beyond cancer  
Healthy Living  
Emotional wellbeing  
Managing side effects  
Identifying signs of recurrence early  
support self management  
Awareness of surveillance  
Patient led follow up / online service

# Rationale

## Drivers for change

- National drive, make follow up patient led / centred (Macmillan 2015, NHS England 2016 )
- Focus on health and well being means patients are supported to take back control of their lives as soon as they are able. (NHS improvement 2016)
- Research - patients needs are met in a timely manner
  - Patients are better informed re :- Disease, treatment + longer term side effects. (NHS Improvement 2016 )
- Saturated clinics – reduces outpatient visits and improves clinic capacity.
- Environmental – traffic / parking
- Cancer is a long term condition





# Support groups

*maggie's*

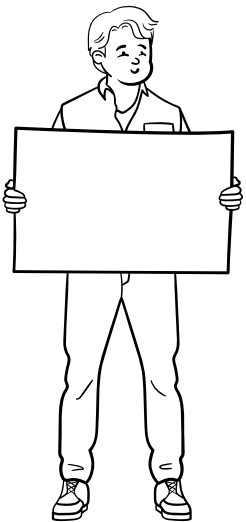


# Patient Feedback

*“I had no preconceived ideas about what to expect, but I found it very helpful.”*

*“Keep doing more of these!”*

*“...it covered many aspects, the staff were very helpful, professional and reassuring.”*



*“All very relevant.”*



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