

Personalised Stratified Follow Up For Prostate Cancer (PSFU)

Urology

Introduction

You have been given this patient information leaflet to explain Personalised Stratified Follow-Up (PSFU). This type of follow-up for patients, who have completed their prostate cancer treatment, has been introduced across the country in line with NHS England's Long Term Plan.

What is PSFU?

PSFU is a system whereby routine hospital appointments are replaced by remote consultations, which may be by telephone or email, so that they do not have to come to hospital at times when they are feeling well and with no symptoms. It also provides a process where patients can call us when they do have a problem.

In addition, your General Practitioner (GP) can contact us if they feel there is an issue which we would need to know about and it can then be arranged for you to be seen quickly at the hospital if required.

Why has PSFU been introduced?

We have introduced PSFU as it has been shown to be better for patients in lots of ways:

- It means that you do not have to make unnecessary trips to the hospital at times when you are feeling perfectly well and just want to concentrate on living your life
- Patients often find delays in traditional clinical appointments can lead to anxiety. This may result in delays informing us of any worrying signs and symptoms
- It has been proven that new problems are unlikely to happen in line with your appointment time and are identified by patients themselves, in between routine appointments.

PSFU will allow access, support and advice quickly from the right people, when you need it, allowing you peace of mind.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

What information will I be given?

In addition to this leaflet, you will have an end of treatment review with a member of your urology team. An end of treatment summary will then be sent to you and your GP.

The end of treatment summary will provide information regarding:

- Your diagnosis and medication
- The treatment you have had and the possible side effects
- Signs and symptoms to report
- Arrangements for scans and other tests
- How to use the Helpline which gives you fast access to your Care Navigator if you need it
- Advice on exercise and nutrition
- Health and Wellbeing support
- Any local support groups and useful contact numbers.

You will be given information about your Care Navigator, who will be conducting the remote consultations, and a schedule will be agreed with yourself for when the next remote consultation will take place.

Will I continue to have routine tests?

Unless it has been otherwise specified at the end of treatment review, you will continue to undergo Prostate Specific Antigen (PSA) blood tests. The results of these will be communicated to you by your preferred method of communication, either via letter, telephone consultation or email correspondence. Following the result of your PSA blood test, the next remote review will be scheduled. You will receive a further PSA blood request form in the post and information on when to have this taken.

Any other investigations can be arranged, if and when required.

What if I forget to have my PSA blood test or miss my remote review consultation?

By agreeing to PSFU, you have a responsibility to have your PSA blood tests checked at the correct time. If you have not had your PSA blood test by the time the remote review is scheduled, you will receive a reminder to have this undertaken. A further remote review will then be scheduled in approximately 6 weeks.

If you still continue to fail to have this undertaken, then you will be discharged back to your GP for the ongoing management of your care.

Will I still be able to access the Urology service if I have concerns?

Yes. You can call the Urology Team on the dedicated Helpline telephone number (01902 694467) if you have any queries or problems, and you will be encouraged to do so.

The helpline is monitored from 8:30am – 5:00pm, Monday – Friday and if you leave a message with your name, hospital number and telephone number, you will be called back by the team by the end of the next working day. If they feel that it would be appropriate for you to come back to clinic to be seen, you will be offered a clinic appointment, or if necessary, an appropriate diagnostic test within 14 days.

Your care navigator is:.....

Hours of work: 8:00am – 4:00pm

Telephone Number: 01902 481847

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。