

POSTER ABSTRACT

Improving supportive care for Prostate cancer patients through self-education media

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Background: Men with prostate cancer have various treatment options depending upon their stage of the disease, age, and presence of comorbidity. However, these treatments typically have side effects. Supportive care is vital for patients to manage the side effects of the treatment; however, it is not easily accessible and largely to those who are undergoing a non-surgical type of treatment. For patients with culturally & linguistically diverse background, availability of supportive care resources in various languages is seldom available.

Aim: To provide accessible supportive care self-education videos on treatment options, side effects, pre and post-treatment rehabilitation to surgical as well as non-surgical patients men with prostate cancer.

Method: A broad range of clinicians and consumers were engaged in content development and production of the videos. The videos are hosted on WCMICS website and translated into the 3 most common languages other than English seen in prostate incidence in the WCMICS region.

As informed through a co-design process analysing men's supportive care needs; the following topics are covered in the self-education videos -

- i. Prostate cancer treatment options, side effects and multi-disciplinary approach for management of side effects.
- ii. Psychological support for men with prostate cancer and their carers.
- iii. Role of General practitioner in prostate cancer care.
- iv. Information about Androgen deprivation therapy (ADT) and management of side effects of ADT.
- v. Benefits of exercise before and after prostate cancer treatment including exercise demonstration by the exercise physiologist.
- vi. Pelvic floor physiotherapy with exercise demonstrations, for management of incontinence, bladder or bowel problems after prostate cancer treatment.

Results:

- i. 100% of surveyed consumers (N=23) in the testing phase, reported that the self-education videos provided comprehensive and complimentary information about supportive care needs of prostate cancer patients.
- ii. Some of the key messages from the consumers were "I wish the videos were available when I was diagnosed with prostate cancer", "great information about the support which is required

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immediately after treatment as well as many days or months after treatment”, “valuable addition having [the videos] translated”

Conclusion: Provision of supportive care information through audio/visual self-education media that is easily accessible in various languages to men with prostate cancer improves patient autonomy and raises awareness of the multidisciplinary supportive care available for their prostate cancer management.