

<Date>
<Patient Name> <Patient Surname>
<Address1>
<Address2>
<Town>
<Postcode>

Urology Department
Royal United Hospital
Combe Park
Bath
BA1 3NG

Tel: 01225 824250

Introduction to Supported Self-Management Remote Surveillance of Prostate Cancer

Dear <Title> <Surname>,

NHS number: <number>

MRN: <number>

As your prostate cancer is stable at the moment, you now are on our Supported Self-Management Programme. We would like you to have regular PSA blood tests done through you GP surgery. The results of these tests are sent back to us, and we will write to you within <1 month> of the test to let you know the result.

- If the result is ok we will notify you via letter, and also let you know when you should have your next test done. You can also check your PSA result via My Health Record™ <add URL link>. We will always inform your GP of your result.
- If the PSA level has gone up a little we will ask you to have your PSA checked sooner than usual, or we will send you an appointment for our outpatient clinic to discuss this.

Your next PSA test is due within 2 weeks following <date>. We also request that you complete your Health MOT at this time. You do not need to have any other PSA tests done before then, unless your GP instructs you otherwise.

The advantage of this programme is that we will be able to closely monitor your prostate cancer, without you having to attend the hospital regularly. However, if you do have any problems we will be able to see you urgently. There is strong evidence that symptoms and concerns are addressed more quickly if patients report them as and when they occur, rather than waiting for a routine appointment.

If you have any questions or problems then, you can either message us via the My Health Record™ or call us on <add phone number>. If you reach the answerphone then please leave a short message with your name, date of birth and a contact number. We will aim to call you back within one working day.

We would also like to hear from you if you have any of the following symptoms;

- **Blood** in the urine
- **Increasing difficulties** in passing urine
- **Aches and pains** in the bones lasting more than 6 weeks

Kind regards,

Prostate Cancer Support Team

<Date>

Dr <GP Name> <GP Surname>

<Surgery1>

<Surgery2>

<Postcode>

Urology Department

Royal United Hospital

Combe Park

Bath

BA1 3NG

Tel: 01225 824250

Supported Self-Management and Remote Surveillance of Prostate Cancer

Dear Dr <GP Surname>

**Re: <Title> <First Name> <Surname>, NHS Number: <number>, MRN<number>
<Address1>, <Address2>, <Town> <Postcode>**

This gentleman's prostate cancer is stable at the moment and he is now registered on our Supported Self-management Programme. We would like him to have regular PSA blood tests done via your surgery and we will write to him within **1 month** with the result. We will also inform you of the result and if any further action is needed. His next PSA test is due within 2 weeks following **<date>**. He does not need to have any other PSA tests done before then.

- If the result is ok we will notify him and let him know when he should have his next test done. We will also write to you with the result.
- If the PSA level has gone up a little we will ask him to have his PSA checked sooner than usual or we will send him an appointment for our outpatient clinic to discuss this.

The advantage of this programme is that he will not have to come up to the hospital so often and his condition will be remotely monitored by the **Prostate Cancer Support Team**.

Should he experience any urological difficulties we will be able to see him urgently.

This includes:

- **Blood** in the urine
- **Increasing difficulties** in passing urine
- **Aches and pains** in the bones lasting more than 6 weeks

There is strong evidence that symptoms and concerns are addressed more quickly if patients report them as and when they occur, rather than waiting for a routine appointment. As part of this programme he will have been invited to a one-off four hour workshop run by the prostate cancer support team. This will provide him with the confidence to self-monitor symptoms and signs of recurrence, manage lifestyle changes and set his own goals for recovery and rehabilitation. He will be provided with secure and confidential access to an online resource called My Health Record™. Through this system he can track his own PSA results and complete a Health MOT (Holistic Needs Assessment) as well as accessing information and support on living with and after prostate cancer.

Kind regards,

Prostate Cancer Support Team