Psychosocial care for Men with Prostate Cancer

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Impact of Prostate Cancer

- Urinary, bowel and sexual effects
- Bone and muscle mass changes, fatigue
- Decision-related distress and regret
- Mood and cognitive effects, increase suicide risk
- Decrements in masculine self esteem
- Persistent unmet supportive care needs for psychological and sexual domains
Factors that Increase Impact

- Younger age
- Poor social support
- Lower education and income
- More advanced disease
- More negative treatment effects
- Low masculine self esteem
Estimates of distress prevalence vary (10% to 40%) by sample and assessment method.

Men may experience peaks of distress across the disease trajectory.

Recent study found health-related distress, worry, feeling low, and insomnia reported over 8 years by 30-40% of men.

Baseline distress predicts later distress.
What Helps for men with P Ca?

- Cognitive-behavioural and psycho-education interventions promote better psychological adjustment and QOL
- Coping skills training for patient–spouse dyads improved QOL for partners, but not for men
- Physical exercise (resistance and aerobic) improves several aspects of quality of life including general health and reduced fatigue

Current Status of Services

• Distress in men with prostate cancer most often not detected
• Psychological care ad hoc and mostly absent
• Care for the most part biomedically focussed
• Men are not active seekers of help
Barriers to Help Seeking in Men

• Masculine values of self reliance and stoicisim, being strong and independent
• Orientation of services
• Attitudes of service providers
What is needed!

• Screening for distress
• Accessible, scalable, replicable, and sustainable models of intervention
• Low intensity where access is a central value
• Integrated stepped care that includes screening and referral processes in clinical settings, and that closely articulates to the community
Masculine Values for Wellness

- Self reliance ~ Self Management of Health Challenges
- Stoicism ~ Acceptance
- Mateship ~ Affiliation and Peer Support
- Strength ~ Facing Challenge
### The Distress Thermometer

The experience of prostate cancer is for many men a difficult time. I would like to ask you a few brief questions to check how you have been feeling and ask about your main concerns.

Thinking about how you have been feeling over the past week including today, how distressed do you feel on a scale of 0 (no distress) to 10 (extreme distress)?

<table>
<thead>
<tr>
<th>No Distress</th>
<th>Extreme Distress</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 1 2 3 4 5</td>
<td>6 7 8 9 10</td>
</tr>
</tbody>
</table>

**Prostate Cancer Distress Screen**

**U.R. Number**

**Surname**

**Given Name(s)**

**Date of Birth**

**AFFIX PATIENT LABEL HERE**

This is a list of problems that some men with prostate cancer experience. Do any of these problems apply to you? (Read the list below, tick if yes)

<table>
<thead>
<tr>
<th>Practical Problems</th>
<th>Physical Problems</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work</td>
<td>Pain</td>
</tr>
<tr>
<td>Financial/Insurance</td>
<td>Fatigue</td>
</tr>
<tr>
<td>Family Problems</td>
<td>Sexual</td>
</tr>
<tr>
<td>Partner</td>
<td>Urinary</td>
</tr>
<tr>
<td>Emotional Problems</td>
<td>Bowel</td>
</tr>
<tr>
<td>Depression</td>
<td>Hot Flashes</td>
</tr>
<tr>
<td>Uncertainty about</td>
<td>Weight Gain</td>
</tr>
<tr>
<td>the future</td>
<td>Weight Loss</td>
</tr>
<tr>
<td>Nervousness</td>
<td>Loss of Muscle Mass</td>
</tr>
<tr>
<td>Sadness</td>
<td>Membrane/Concentration</td>
</tr>
<tr>
<td>Worry</td>
<td>Sleep</td>
</tr>
<tr>
<td>Loss of interest in usual activities</td>
<td></td>
</tr>
</tbody>
</table>

**Treatment Problems**

- Understanding treatments
- Making a decision
- Information about my illness

Other Problems (please list)

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Which of these are the most important concerns for you right now? (Please list)

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Which of these concerns would you like help with?

Person completing form: (please tick)

- [ ] Patient
- [ ] Patient with clinician or interpreter (Name & designation)
- [ ] Family member/carer (Name & relationship to patient)

Date

Time

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PROSCARE: A PSYCHOLOGICAL CARE MODEL FOR MEN WITH PROSTATE CANCER

NOVEMBER 2013

MONOGRAPHS IN PROSTATE CANCER
The Tiered Model

**Acute Care:** Intensive or comprehensive therapy for acute and complex psychological problems

**Specialist Care:** Specialised therapy for depression, anxiety, relationship or marital distress

**Low Intensity Care:** Cognitive behavioural intervention, stress management, coping skills training, psychoeducation, decision support

**Universal Care:** Patient education, emotional support, practical assistance, peer support, physical activity and exercise, distress screening and referral

Hutchison et al. Psycho-Onc 2006
FACING

the TIGER

Advice for Men with Prostate Cancer and the People Who Love Them

Professor Suzanne Chambers
Psychologist
Collaborators