

Prostate Cancer Remote Health Pathway

Registering with the NHS Ayrshire and Arran Remote Monitoring Service will notify you of your PSA Test results electronically, and can also help you manage your health and symptoms. It can also assist the Urology Oncology Team to know if you need any help or support.

Our Support Worker will discuss with you which communication method is most suitable for you. The choice will be **email**, **text**, **app** or **automated telephone call**.

If you have chosen **email**;

You will receive an email containing your treatment summary and letting you know what the normal range of PSA is. A second email will explain how to use the web link in the email to retrieve your PSA result, taking you to a secure website and using your date of birth to gain access.

If you have chosen the **App**:

You will receive an email explaining how to register for the service (**please note you only need to register for the service if you want to use the app**). To register you will need to know your CHI number, you can find this on any repeat prescriptions you have or from your GP Practice or Urology Nurse.

If you have chosen **SMS**, you will receive a text after you have had your PSA blood test taken, the text you receive will ask you to opt in and then another will give you the link to access your result.

For **automated phone call** service - you will receive a call after you have had your PSA blood test taken, you will be asked to confirm that you are the person by pressing a number and then be told your PSA result.

Following blood tests, you will be advised of your PSA result within 7 days and if any action is required. If using the app or email, you will also be asked to complete the questionnaire about any concerns or symptoms you have.

We ask that you complete the questions as soon as you can. Your answers will be recorded in the remote monitoring system, and you will have access to links to help you manage your condition.

What questions will the service ask?



- When using the remote health pathway, you will be asked to answer simple questions about any concerns or symptoms
- You will also be asked if you wish to speak to someone from the Urology Oncology Team about any concerns.
- You will be directed to self-management information for any concerns that you may have.

What happens with my results?

- Our Support Worker will review your PSA results and will be notified if you have requested to speak to one of the team. The service will highlight any results that require your Specialist Nurse to look at urgently.
- The responses to questions will be available to the Urology Oncology Team who will review these and contact you should you need any further follow up.
- Follow up may be by telephone, by video consultation or an appointment at an outpatient clinic, or the results may be such that the clinicians are happy with the way you are managing your condition and therefore you will only be contacted again following your next blood tests if required.

What will I need?

In order to use the remote health pathway, you will need access to:



- A telephone, mobile, smartphone, laptop or tablet device, depending on your preferred method of receiving your PSA results. *(Please ensure you let the service know if there are any changes to your email or mobile phone number.)*
- This leaflet highlights the benefits of the app/ website access but you can still use the remote health pathway through SMS text or via an automated phone call.

Please note that the monitoring service is not an emergency service.

- Your readings may not be viewed by a clinician straight away.
- If you need medical assistance, you should phone your family doctor (GP) or call NHS 24 on 111. In case of an emergency, dial 999.
- For any concerns regarding your Prostate Cancer please call the Support Worker on 01292 616981, you may connect to an answerphone but you will be called back as soon as possible.
- Please note that if you have your blood taken on a Friday you might receive your result over the weekend, if it is 'unsatisfactory' please do not worry we will be in touch at the beginning of the week.

Some of the concerns you may have.

Urinary Symptoms - <https://prostatecanceruk.org/prostate-information/living-with-prostate-cancer/urinary-problems>

Bowel Symptoms - <https://prostatecanceruk.org/prostate-information/living-with-prostate-cancer/bowel-problems>

Erectile Dysfunction - <https://www.cancerresearchuk.org/about-cancer/prostate-cancer/practical-emotional-support/sex-relationships/difficulty-getting-erection>

Fatigue / Tiredness - <https://prostatecanceruk.org/prostate-information/living-with-prostate-cancer/fatigue>

Hot Flashes - <https://prostatecanceruk.org/prostate-information/living-with-prostate-cancer/how-hormone-therapy-affects-you>

Financial Concerns - <https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/benefits-and-financial-support>

Diet and Exercise Concerns - <https://prostatecanceruk.org/prostate-information/living-with-prostate-cancer/your-diet-and-physical-activity>

Emotional issues - <https://prostatecanceruk.org/prostate-information/wellbeing-hub/mental-and-emotional-wellbeing>