



University  
Hospitals Sussex  
NHS Foundation Trust

**WE ARE  
MACMILLAN.**  
CANCER SUPPORT

# Remote monitoring after treatment for prostate cancer

for patients at Worthing hospital

Patient information

## **What is a remote monitoring programme?**

Your clinician has decided to put you on to the remote monitoring programme. This has been specially designed to support you whilst on follow up for your prostate cancer.

Close monitoring will involve 6 monthly PSA blood tests and the expectation that you complete a short symptom questionnaire. Routine outpatient follow up appointments will not be carried out. However, you may be asked to attend an appointment at any time during your follow up period to discuss any results or symptoms you are experiencing. We will contact you with your results or if you need an appointment.

## **Will I still speak to my specialist doctor or nurse?**

Please be assured that you will still have access to support when and if you need it. The urology follow-up co-ordinator works closely with your consultant and specialist nurse team and will be available to offer information and support over the phone and will escalate your concerns. If your specialist team feels that you should be seen because of any symptoms you are experiencing, we will organise an appointment for you.

## **How long does remote monitoring last?**

Every patient is different so we can't specify how long our remote monitoring programme will last. This will depend on your initial diagnosis as well as the type of treatment you received. Specific information about your follow up will be included in your last clinic letter.

## How often will I be contacted?

You will be required to have six monthly PSA blood tests and to fill in the symptom questionnaire so that we can monitor any symptoms you may be experiencing. We will write to you with your results. If you have any concerns in between your blood tests you can contact us.

## How will I know if my cancer comes back?

We will be monitoring your PSA blood tests on a six monthly basis. The first signs of prostate cancer recurrence are noticed from blood tests alone. There are specific criteria regarding your PSA levels which will trigger an appointment with the clinical team.

## Who do I talk to if I am worried about my PSA blood results?

Please contact the urology follow up coordinator in the first instance.

Email [uhsussex.wor.urofollowupcoordinator@nhs.net](mailto:uhsussex.wor.urofollowupcoordinator@nhs.net)

Phone [01903 205111](tel:01903205111) Ext. 86685

## Will I need another scan?

You will likely only need a scan if your PSA begins to rise, or you alert us to any symptoms which we are concerned about.

## If I call the follow up coordinator will you answer the phone?

We try to answer calls during working hours. However, if we are not able to, we ask that you leave a clear message on the answer phone. Please leave the following information;

- Your full name and date of birth.
- Your hospital ID number, and / or your NHS number.
- A telephone number which we can contact you on during working hours.

This is not an emergency service, but we will try to contact you within 2 working days of your query. If you feel unwell or need urgent help you should call your GP, **111** or **999** for assistance.

## What if I am worried about symptoms?

Whilst under the care of the remote monitoring service, you will still have access to the uro-oncology clinical nurse specialist team. They can be contacted either by emailing

[uhsussex.wor-macurology@nhs.net](mailto:uhsussex.wor-macurology@nhs.net)

or by telephoning **01903 205111 Ext. 84716.**

## Useful contacts and information

### Urology follow-up coordinator

Email [uhsussex.wor.urofollowupcoordinator@nhs.net](mailto:uhsussex.wor.urofollowupcoordinator@nhs.net)

Phone [01903 205111](tel:01903205111) Ext. 86685

### Uro-oncology clinical nurse specialist team

Email [uhsussex.wor-macurology@nhs.net](mailto:uhsussex.wor-macurology@nhs.net)

Phone [01903 205111](tel:01903205111) Ext. 84716

### The Macmillan Horizon Centre

Offering support and information for anyone, at any point in their cancer experience, as well as their family and friends. Drop-in to the centre in Brighton, or call to access help with money worries, activity groups and workshops, complementary therapies and more.

Phone [01273 468770](tel:01273468770)

Website <https://www.macmillan.org.uk/cancer-information-and-support/get-help/centres/macmillan-horizon-centre>

### Macmillan Cancer Support

Financial, practical, emotional and physical.

Free Helpline [0808 808 0000](tel:08088080000)

Website <https://www.macmillan.org.uk/>

## Prostate Cancer UK

Prostate cancer specific information, speak to a specialist nurse, practical and wellbeing help, online community and one-to-one peer telephone support.

**Specialist nurses** 0800 074 8383

**Website** <https://prostatecanceruk.org/>

## PCaSO Prostate Cancer Support Organisation

PCaSO is a charity for men diagnosed with prostate cancer, run by patients diagnosed with prostate cancer. Offering regular group meetings across Sussex, Hampshire and Dorset.

**Email** [chair@pcaso.org](mailto:chair@pcaso.org)

**Phone** 07879 903407

**Website** <https://pcaso.org/>

## Cancer United

West Sussex-based cancer support charity, offering a social club for people who's lives have been affected by cancer, a choir, and subsidised exercise classes.

**Phone** 01903 779880

**Website** <https://www.cancerunited.org.uk/>

## West Sussex Wellbeing

Delivered as a partnership between West Sussex councils, this provides local hubs which have events including wellbeing walks, and can support with things such as diet, physical activity and smoking cessation.

**Adur and Worthing** 01903 221450

**Website** <https://www.westsussexwellbeing.org.uk/>

## NHS Live Well

NHS advice about healthy living, including eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol.

**Website** <https://www.nhs.uk/live-well/>

## NHS West Sussex Talking Therapies

Free, confidential NHS service offering psychological and emotional support for stress, anxiety, depression and long-term health conditions. Face-to-face, telephone and online therapy across West Sussex.

**Website** <https://www.westsussexalkingtherapies.nhs.uk/>

**This leaflet is intended for patients receiving care  
in Worthing**

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