Background Over the past few decades, there has been a worldwide escalation in incidence of prostate cancer. Incidence is highest in countries such as Australia, New Zealand, North America and Western Europe, where Prostate Specific Antigen (PSA) is common practice. The five year survival rate in developed nations is relatively high, and health services are struggling to cope with the increasing number of men who have completed treatment and require follow-up care. Moreover, studies demonstrate that men have a range of physical and psychosocial needs which currently are not being met. New sustainable models of service delivery are required to ensure health systems can respond to this growing challenge.

The True NTH Supported Self-Management and Follow Up Care Programme is an evidence based solution which encompasses self-management and remote monitoring principles. Face-to-face follow up consultations are replaced with patient directed, individually tailored care. The initiative is part of the Movember Foundation’s True NTH global programme, facilitated in the UK by Prostate Cancer UK.

Programme model

Bespoke IT platform to facilitate care pathway
Project management to implement care pathway
Supported self-management and remote monitoring evidence base

Eligibility criteria
- Treated by radiotherapy, radical prostatectomy or primary androgen therapy
- Functionally stable and suitable for remote monitoring
- 6 weeks/3 months - 36 months post treatment
- 18 years + and English speaking

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For information about True NTH, see: https://uk.movember.com/news/7593/introducing-truenth/?search- scope=local&category_id=1 or http://prostatecanceruk.org/for-health-professionals/our-projects/truenth

References

Evaluation design

Comparison group – Care as per hospital practice

Eligible patients’ identified by clinical team

Baseline questionnaire

Baseline questionnaire

Months 1 to 7: recruitment of men to comparison group (N=364)

Months 8 to 17: recruitment of men to Care Programme (N=350)

Monthly questionnaire

Monthly questionnaire

4 month questionnaire

4 month questionnaire

Extraction of medical record and programme coverage data

Extraction of medical record and programme coverage data

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