

## Prostate Cancer Education Resources and Recommended Modules

The following modules have been recommended following the results of the Survey Monkey learning needs assessment that was carried out in June and July of this year. The key learning points this raised were that clinicians wanted more information on the terms of watchful waiting and active surveillance, which patients may be suitable for primary care follow up, long term side effects of treatment, when to transfer back to primary care and thresholds for PSA increases, the red flag signs of concern in treated patients, and how to meet the psycho-social and psycho-sexual needs of this patient group. For clinicians with limited prior knowledge of prostate cancer the first two modules are highly recommended. For those with previous experience and knowledge the subsequent modules are likely to be more useful.

There are also more learning opportunities available at the Prostate cancer UK website <http://prostatecanceruk.org/health-professionals/education>

**If you are aware of other training modules that you would like to share, please contact**  
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## Accessing Modules

**To access the free BMJ learning modules:**

1. You will need to set up a NHS Open Athens account by visiting:  
<https://openathens.nice.org.uk>
2. Once you have account details, you can log into the BMJ Learning website at:  
<http://learning.bmj.com/learning/info/CME-CPD-LSHA-NHS-London-Strategic-Health-Authority.html>
3. Using the link in the right hand corner "Sign In" and then "Athens users sign in here"
4. Once you have set up an account you will then have access to hundreds of other educational modules and be able to keep of record of those you have completed and print off certificates.

**To access the prostate Cancer UK interactive modules click the links outlined in modules 6 and 7 below. Then follow these instructions:**

1. To access the module simply click on the green button at the bottom of the page
2. You will then need to register (create an account) to the 'Uchoose Interactive Case Based Learning' website using a valid email address and password.
3. Once you are registered and logged in, click on the link to the right of the screen labelled "Have a Code? Enter it here". Enter the following code when prompted: **PCUK**



## Recommended modules:

### 1. Understanding the pathway



**Prostate cancer: understanding the patient pathway and treatment options - in association with Prostate Cancer UK**

#### Learning outcomes

After completing this module you should, regarding prostate cancer:

- Know what treatment options are available for each stage of the disease
- Be able to discuss the risks and benefits of different treatments with patients to allow them to make an informed choice
- Know which communication strategies to use when discussing treatment options with patients
- Understand why it is important to monitor prostate specific antigen (PSA)
- Know which side effects of treatment you are most likely to see in primary care and how to manage these.

Available at: <http://prostatecanceruk.org/health-professionals/education/courses/e-learning-prostate-cancer-patient-pathway-and-treatment-options?workintypes=12603&organisedbytypes=12599&r=9458> 1 hour, accredited by BMJ learning (See instructions above to access BMJ learning)

### 2. Supporting people in Primary Care



**Supporting people with cancer in primary care: in association with Macmillan Cancer Support**

#### Learning outcomes

After completing this module you should:

- Understand that cancer is now a long term condition for many people
- Know how to organise and conduct a review of your patients with cancer
- Know that physical activity is beneficial during and after treatment of most cancers
- Be aware of information resources available to your patients
- Know about the late adverse effects of cancer treatment and helpful questions to ask about these
- Understand that practice nurses have a key role to play in the review of cancer patients in primary care.

1 hour accredited by BMJ learning. See Instructions of how to access BMJ learning on page 1.



## Additional Modules:

### 3. Prostate Cancer: a guide for GPs and non-specialists –in association with NICE



#### Prostate cancer: a guide for GPs and non-specialists - in association with NICE

##### Learning outcomes

After completing this module, you should know:

- When men suspected of having prostate cancer should be offered investigations, including biopsies and imaging
- How patients with localised and locally advanced prostate cancer can be stratified into three main risk groups
- What treatment options are available for localised and metastatic prostate cancer
- How patients can be helped to overcome adverse effects of treatment
- What follow up is recommended for men with prostate cancer.

Provides more in depth understanding of treatment options, and management of long term consequences of treatment, requires some understanding about staging of prostate cancer and treatments. Follow instructions below to access BMJ learning modules.

### 4. Cancer of the Prostate: Organised by Prostate Cancer UK and CancerNursing.org

CancerNursing.org offers a free online course on prostate cancer which was developed in partnership with, and supported by an educational grant from, Prostate Cancer UK.

This course has been designed for professionals with an interest in prostate cancer management and care. You can undertake the entire course, or select modules relevant to your area of practice.

The aim of the 'Cancer of the Prostate' course is to provide nurses and allied health professionals with an evidence based resource, learning about the trajectory of the disease and to highlight the care, support and information requirements of men affected by prostate cancer and those who care for them.

##### Learning Outcomes:

- Describe the anatomy and function of the prostate
- Describe the aetiology and epidemiology of prostate cancer
- Describe and discuss the different tests used to assess the risk of prostate cancer, determine a diagnosis and stage the spread of the disease
- Discuss the available treatment options for men with prostate cancer
- Discuss the palliative care needs of men with advanced prostate cancer and the importance of adopting a holistic approach to care




- Discuss the impact of the disease and its treatment on the men and their families and the implications for professional practice
- Discuss the controversy surrounding the prostate cancer screening debate
- Discuss the future for prostate cancer, identifying key areas of research and practice development currently being undertaken.

Available: <http://prostatecanceruk.org/health-professionals/education/courses/free-online-prostate-cancer-course?workintypes=12603&organisedbytypes=12600&r=>

Provides more detail on staging of the disease and treatment options, less technical in language used than the above (3). Gives an outline of policy context and role of primary care in relation to cancer diagnosis, support during treatment and follow up. Useful tools for primary care clinicians on safety netting, and planning for future care of patient. 1 hour accredited by BMJ learning


## 5. Doctors.net Carcinoma of the Prostate

### Carcinoma of the prostate



Credit for this module will be based on completion time

Intended for:	General practitioners, trainees in oncology, urology, surgery
Average completion time:	1 hour 15 mins
Accredited by:	Doctors.net.uk
Module objectives rating:	98%
Minimum pass score:	70%
Module format:	Text and images only

 Independently authored

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#### Learning objectives

After completing this module you should have:

1. An increased awareness of the importance and incidence of prostatic carcinoma
2. Knowledge of the limitations of prostate-specific antigen (PSA) as a diagnostic tool
3. An increased understanding of grading and staging systems
4. Awareness of different treatment options, their risks and complications

#### Introduction

Carcinoma of the prostate is a vital topic for medical practitioners to be aware of as it is a highly prevalent condition that receives wide public and media attention. In men, it is the most common cancer and the second most common cause of cancer death. In 2010, nearly 41,000 men in the UK were diagnosed with prostate cancer, and in 2011, nearly 11,000 men died from the disease (Cancer Research UK: [Prostate cancer statistics](#)).

Patients may present to a wide range of specialties. Presenting symptoms may include one or a combination of the following:

#### About this module

Date launched: **25 February 2014**

Valid until: **25 February 2016**

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Conflict of interest: **None declared**

Medical knowledge is constantly changing. As new information becomes available, changes in treatment, procedures, equipment and the use of drugs becomes necessary. The authors and editors have, as far as it is possible, taken care to ensure that the information given in this module is accurate and up-to-date at the time it was created. However, users are strongly advised to confirm that the information, especially with regard to drug usage, complies with current legislation and standards of practice.

Available at [www.doctors.net](http://www.doctors.net) Free to join for doctors only.

**6. Introduction to sex, sexuality and prostate cancer** (Prostate Cancer UK and University of West of England) Available by following instructions here: <http://prostatecanceruk.org/health-professionals/education/courses/introduction-to-sex-sexuality-and-prostate-cancer?workintypes=12603&organisedbytypes=12600&r=> Uses clinical scenarios to demonstrate issues around erectile dysfunction and relationships in relation to prostate cancer and treatments.

## Introduction to: Sex, sexuality and prostate cancer

Organised by Prostate Cancer UK and The University of the West of England

We are proud to launch our new online, interactive learning resource for health professionals.

These online modules use simulated 'virtual patient scenarios' to introduce and explore key issues around prostate cancer care, such as sex and relationships. These patient scenarios are primarily aimed at registered nurses and healthcare assistants, and are particularly suitable for those new to working with patients affected by prostate cancer.

This particular module is an **introduction to sex, sexuality and prostate cancer care.**

In this short module you will follow the case of a 'patient' called Stephen Davey.

By following Stephen's patient scenario you will:

- Identify possible long term consequences of prostate cancer treatment
- Explore how cancer treatment can affect sex and relationships
- Consider how communication styles can elicit or inhibit patients revealing personal information about sexuality
- Explore the potential barriers to discussing sex and sexuality in clinical practice.



**7. Introduction to side effects and prostate cancer treatment** (Prostate Cancer UK and University of West Of England)

## Introduction to: Side effects and prostate cancer treatment

Organised by Prostate Cancer UK and The University of the West of England

We are proud to launch our new online, interactive learning resource for health professionals.

These online modules use simulated 'virtual patient scenarios' to introduce and explore key issues around prostate cancer care. These patient scenarios are primarily aimed at registered nurses and healthcare assistants, and are particularly suitable for those new to working with patients affected by prostate cancer.

This particular module is an **introduction to potential side effects of prostate cancer treatment.**

In this short module you will follow the case of a 'patient' called Andrew Hill.

By following Andrew's patient scenario you will:

- Revise treatment options for prostate cancer
- Identify possible side effects of hormone therapy for prostate cancer



[View Video Transcript](#)

Available by following instructions here: <http://prostatecanceruk.org/health-professionals/education/courses/introduction-to-side-effects-and-prostate-cancer-treatment?workintypes=12603&organisedbytypes=12600&r=> Uses clinical scenarios to outline both side effects of treatment and possible approaches to support patients.

