



The Clatterbridge
Cancer Centre
NHS Foundation Trust

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Nurse-led telephone follow-up for prostate cancer patients

Nursing

A guide for patients and carers

This information is for patients who have been referred to the nurse-led telephone follow-up service by their consultant. The aim of this leaflet is to answer any questions you may have about the nurse-led telephone follow-up clinic.

What is a nurse-led telephone follow-up clinic?

Instead of visiting the hospital Outpatient Department, your Consultant has referred you to a nurse-led telephone follow-up service. This is run by an Advanced Nurse Practitioner who specialises in prostate cancer. You will be contacted by telephone to monitor your prostate cancer. This will still be at an arranged time.

What are the benefits?

- Fewer visits to hospital
- No transport costs
- No time off work

How does the clinic work?

- You will be sent an appointment letter by the Prostate Advanced Nurse Practitioner for your telephone follow-up assessment



- You will need to have your PSA taken at least two weeks before your follow-up appointment
- On the date and time of the appointment the nurse will telephone you
- The assessment will include:
 - Your PSA results
 - Discuss your general health
 - Review your bladder and bowel function
 - Discuss any problems or concerns you may have
- If there is any cause for concern, the nurse will arrange an appointment for you to see your Oncology Consultant
- If there is no cause for concern, arrangements will be made for your next telephone follow-up appointment
- A letter, summarising the call, will be sent to your GP

What to do if you experience problems in between your appointments?

You should contact your Oncology Consultant or Prostate Advanced Nurse Practitioner if you experience any problems in-between your appointments.

Prostate Advanced Nurse Practitioners
0151 556 5932 / 0151 556 5829

How we produce our information

All of our leaflets are produced by staff at The Clatterbridge Cancer Centre and this information is not sponsored or influenced in any way. Every effort is made to ensure that the information included in this leaflet is accurate and complete and we hope that it will add to any professional advice you have had. All our leaflets are evidence based where appropriate and they are regularly reviewed and updated. If you are concerned about your health in any way, you should consult your healthcare team.

We rely on a number of sources to gather evidence for our information. All of our information is in line with accepted national or international guidelines where possible. Where no guidelines exist, we rely on other reliable sources such as systematic reviews, published clinical trials data or a consensus review of experts. We also use medical textbooks, journals and government publications.

If you need this leaflet in large print, Braille, audio or different language, please call 0151 556 5570.

If you have a comment, concern, compliment or complaint, please call 0151 556 5203.

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