

The problem

Prostate cancer is estimated to be the most commonly diagnosed cancer in Australian males. With the current survival rate sitting at approximately 95%, many men are living beyond treatment. These men can experience a range of short- and long-term side effects after treatment. Their greatest unmet support needs relate to:



Sexual health and relationships



Physical and mental health



Urinary incontinence



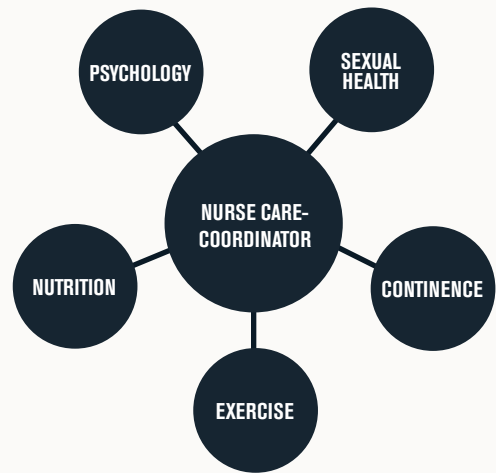
Relevant and necessary information

In response, Movember developed True North, a global initiative to help improve outcomes and quality of life for men diagnosed with prostate cancer

TELEHEALTH STUDY

In Australia, True North undertook a novel research study which involved an integrated and multicomponent personalised survivorship program for 142 men with prostate cancer and 59 of their partners/carers

- 1 The study focused on a telehealth model** whereby healthcare, education and specialist services were made accessible to participants using technology platforms, including telephone, video and computer.
- 2 Over a 12-month period**, an expert team provided personalised support and care that included relevant information, decision support, and self-management.
- 3 The model included specialist nursing care-coordination and referrals** to lifestyle support, such as exercise and diet. Referrals to specialised services, including continence advice, sexual health counselling and psychological support were incorporated where necessary.



At enrolment into the study:

The most common and severe bother for men was around:



Sexual function



Urinary incontinence

The most common concerns affecting quality of life for men were:



Fatigue



Worry



Sleep

The most common concerns for partners and carers were:



Worry



Sleep



Fatigue

OUTCOMES

At the conclusion of the 12-month study, the key findings included:

Healthcare access and decision-making

The study model was accessible to men with different stages of prostate cancer, and to men living across metropolitan, rural and remote areas of Australia.

More men than not reported POSITIVE EXPERIENCES

with receiving relevant information and education; they reported being more actively involved in decision-making relating to their prostate cancer care and treatment.

Telehealth model

Specialist support can be delivered by telehealth, increasing accessibility of support to all men.



Health and support needs of men with prostate cancer can be improved with access to comprehensive telehealth models of care.

Exercise and continence

68% of men

who participated in the nutrition and exercise interventions reported **significant improvements** in their quality of life relating to urinary continence.

There was a **significant increase** in the number of men participating in exercise over the 12-month period

from **74%** to **82%**

Quality of life

After 12 months in the study there were **significant decreases** in the number of men experiencing worry, fatigue and distress.

There was an overall trend towards improved self-care and usual living activities, and a **reduction in anxiety.**

WORRY
dropped from 45% to 34%

FATIGUE
dropped from 52% to 42%

DISTRESS
dropped from 26% to 23%

Carers/partners

There is an unmet need in providing support to partners and carers of men with prostate cancer

Carers' distress levels increased significantly over time (from 16% to 21%), correlating with a trend in poorer quality of life for carers over the 12-month period.



ACKNOWLEDGEMENTS

This study aims to contribute knowledge in the field and support the prostate cancer clinical community with how to implement such models in the real world. We wish to thank Queensland University of Technology, the intervention teams (Edith Cowan University, University of Queensland, The Continence Foundation of Australia, Peter MacCallum Cancer Centre, Monash Health), the study participants, and the Movember community for their support of the True North telehealth study.

Movember True North's mission is to transform how men living with or beyond prostate cancer receive care, make informed decisions and manage symptoms to improve their quality of life during and after treatment. For prostate cancer information, tools and resources, please visit truenth.org.

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