

Prostate Cancer Survivorship Essentials for Men with Prostate Cancer on Androgen Deprivation Therapy (PCEssentials Hormone Therapy Study)

If you have prostate cancer and are starting, or are planning to start, Androgen Deprivation Therapy/hormone therapy we would like to invite you to contact us about taking part in the PCEssentials Hormone Therapy research study.

In this study, we are testing a survivorship care intervention for men with prostate cancer undergoing Androgen Deprivation Therapy/hormone therapy. The PCEssentials Intervention will be delivered by a prostate cancer specialist nurse via telehealth.

What is involved?

The participants of this study will receive either the PCEssentials Intervention or minimally enhanced Usual Care.

PCEssentials Intervention	Minimally enhanced Usual Care
<p>Nurse-led intervention delivered over four telehealth sessions over three months, with a booster session six months following the first session. PCEssentials covers:</p> <ul style="list-style-type: none"> • psycho-education with tailored distress management strategies; • decision support; • treatment education with self-management and skills training for symptom effects, including exercise/physical activity resources and support; • communicating with health professionals including a referral pathway to your general practitioner for a Chronic Disease Management plan (CDM) 	<p>As per Usual Care (i.e., at the discretion of your specialist team) minimally enhanced by a package of resources containing:</p> <ul style="list-style-type: none"> • patient education materials about the use of Androgen Deprivation Therapy/hormone therapy to treat prostate cancer; • advice about referral to support services.
<p>Structured follow-up by study team at 3, 6 and 12 months after recruitment.</p>	<p>Structured follow-up by study team at 3, 6 and 12 months after recruitment.</p>

What's next?

If you would like to participate or receive more information about the study please contact the PCEssentials Hormone Therapy study team directly:

- **PH:** **02 9438 7060**
- **EMAIL:** **pcessentials@pcfa.org.au**