

**CHALLENGES
FOR THE
URO-ONCOLOGY
CNS IN ADVANCED
METASTATIC
PROSTATE CANCER**

LISA WHITE

CHALLENGE 1

CHANGE IN OUR PRACTICE LANDSCAPE

- New treatments
- Increase in patient numbers
- Complex patients
- Reduced doctors and doctors hours
- Increased pressure on resources – SPCT, GP, DN etc
- Funding for treatments
- Increased patient knowledge / awareness



NEW TREATMENTS

- Hormone-sensitive metastatic prostate cancer –
 - Docetaxel
- mCRPC pre-docetaxel-
 - Abiraterone
 - Enzalutamide
 - Docetaxel
- mCRPC post-docetaxel-
 - Abiraterone
 - Enzalutamide
 - Cabazitaxel
 - Radium 223



COMPLEXITIES OF TREATMENTS

- Often elderly with pre-existing co-morbidities
- Disease impact –
 - lymphodema
 - pain
 - spinal cord compression
- Treatment effects –
 - metabolic function
 - cardiovascular effects
 - neutropenic sepsis
 - fatigue
 - quality of life issues



CASE STUDY

41 year old male, newly diagnosed metastatic prostate cancer – T3b M1 N1, PSA 1.9
options for treatment?

Hormone therapy

OR

Hormone therapy with docetaxel chemotherapy



CHALLENGE 2

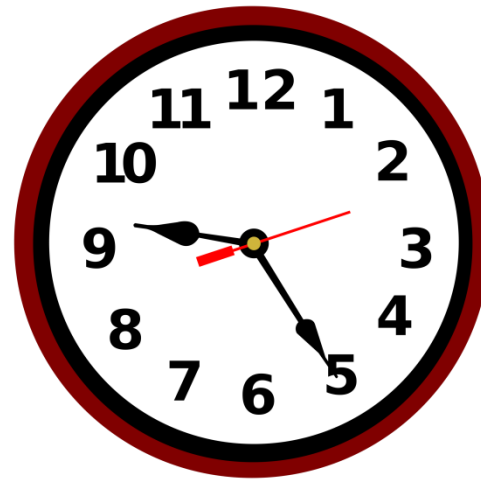
GOVERNMENT / LOCAL TRUST AGENDA

- Keyworker
- Holistic Needs Assessment
- ANP role
- Nurse prescriber



CHALLENGE 3

TIME.....



CHALLENGE 4

SELF CARE / COMPASSION FATIGUE

“Compassion Fatigue is a disorder that affects people who do their work well”

Charles Figley 2002



WHAT IS IT?

- Profound physical and emotional exhaustion, a gradual erosion of all things that keep us connected to others – our empathy, hope and compassion, not just for others but also ourselves. We don't get it because we did something wrong, we get it because we care.
- Nurses are good at many things – taking care of ourselves is not often one of them.



CONSEQUENCES OF CF

- Some of us become increasingly numb to the pain and suffering of our clients; others feel profound sadness and anger at the unfairness of the world, many of us simply get overwhelmed.



WHAT CAN WE DO?

- Take stock
- Work / life balance
- Self-care



THANK YOU FOR LISTENING

ANY QUESTIONS?

