

# Bringing Prostate Cancer Education to Regional and Rural Communities

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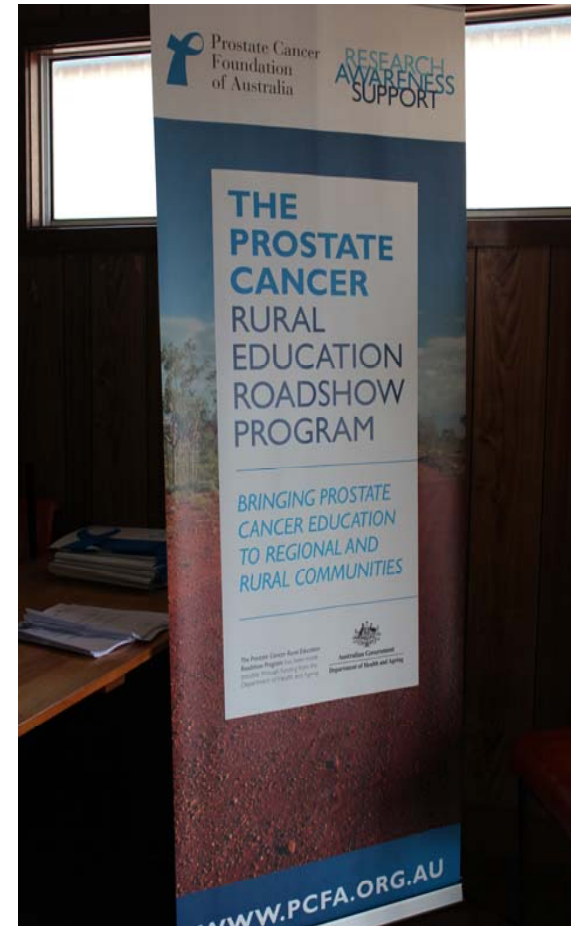
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# Introduction

- Prostate Cancer Foundation Australia (PCFA) launched its Rural Education Roadshow Program in 2013.
- Modelled on the Western Australia Cancer & Palliative Care Network framework
- Funded through the Commonwealth Government
- The program brought a structured prostate cancer education program to regional, rural and remote communities across Australia.

# Roadshow Program Aims

- To improve local knowledge and skills of local health care providers from all disciplines who come into contact with prostate cancer patients;
- To deliver education directly to those affected by prostate cancer to engage with them on how to improve quality of life with prostate cancer diagnosis, while addressing issues around survivorship.



# Roadshow Program Structure

- Delivered by a multidisciplinary team including a urologist, oncologist and a prostate care nurse.
- Local clinicians or Visiting Medical Officers (VMO) were utilised
- Content reflected local pathways and promoted interdisciplinary networking.

# Roadshow Content

- Two sessions were delivered at each Roadshow event
- Content for the health professional session included information on diagnosis, treatment and side effect management of both localised and advanced prostate cancer.
- The community session focused on coping with treatment and side effects, survivorship and support.
- Discussion around local services and referral pathways

# Program Evaluation

- Data were collected from multiple sources using surveys and interviews with PCFA personnel and those participating in the education sessions.
- Ethics approval was obtained from the Australian Department of Health Ethics Committee.



## Evaluation Findings – Health Professionals

- Demonstrated a positive impact on health professionals.
- Health professionals reported an increase in knowledge of both diagnostics and treatment of prostate cancer.
- 89% agreed sessions increased confidence in supporting and managing patients with prostate cancer, and
- High proportion retained this view at least three months post event.

# Evaluation Findings - consumers

- Consumers reported:
  - Increase in knowledge of effects from treatment
  - Increased awareness of when to seek further help in relation to the effects of their disease and treatment.
- 86% of consumer attendees agreed attending session increased empowerment in managing issues relating to prostate cancer.





# Conclusion and Recommendation



The Roadshow has been an effective program for delivering education through an outreach model to both health professionals and community groups with potential to apply this model to other disease types.

RESEARCH  
SUPPORT

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