The Role of the CNS in Prostate Cancer

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The Case for CNS’s in Prostate Cancer

- NICE Prostate Cancer Quality Standards:
  - “Men with prostate cancer have a discussion about treatment options and adverse effects with a named nurse specialist”
- NICE Prostate Cancer Diagnosis and Management:
  - “Offer men with prostate cancer individualised information tailored to their own needs. This information should be given by a healthcare professional (for example, a consultant or specialist nurse) and may be supported by written and visual media (for example, slide sets or DVDs)”.
Main Job Purpose

- To provide a continuing supportive service for patients with urological cancer, or who are being investigated for urological cancer.
The Case for CNS’s in Prostate Cancer

- Prostate Cancer UK Quality Standards
  - “After diagnosis, you, your partner and your family members should have access to a specialist nurse, who will provide consistent support and co-ordinate your care”.
The Case for CNS’s in Prostate Cancer

- National Cancer Patient Experience Survey (2017) demonstrates that patients without access to a CNS have a worse cancer pathway experience than those that do have access to a CNS
  - 15% of patients found it difficult to contact their CNS
  - 28% of patients not given information on the impact that cancer could have on their day to day activities (breast cancer 15%, all cancers 19%)
  - 35% of patients given information about financial help (56% all cancers)
  - 67% given information about free prescriptions (80% all cancer)
Definition of a CNS

- CNS’s in cancer care can be described as registered nurses, who have graduate level nursing preparation and who would usually be expected to be prepared at Master’s level. They are clinical experts in evidence based nursing practice within a specialty area e.g., Prostate Cancer.
Role of the CNS in Prostate Cancer

- Treat and manage the health concerns of patients
- Promote health and wellbeing
- Practice autonomously
- Integrate knowledge of prostate cancer and medical treatments into assessment, diagnosis, and treatment of patients' problems and concerns
Role of the CNS in Prostate Cancer

- Use and apply technical knowledge of prostate cancer and treatment to oversee and coordinate services, personalise ‘the cancer pathway’ for individual patients

- Act as the key accessible professional for the multidisciplinary team, undertaking proactive case management and using clinical acumen to reduce the risk to patients from disease or treatments
Role of the CNS in Prostate Cancer

- Use empathy, knowledge and experience to assess and alleviate the psychosocial suffering of cancer including referring to other agencies or disciplines as appropriate.

- Use technical knowledge and insight from patient experience to lead service redesign in order to implement improvements and make services responsive to patient need.
Role of the CNS in Prostate Cancer

- Some prostate cancer CNSs have developed their roles to include technical elements, for example: physical examinations and diagnostic tests e.g., TRUS and biopsy of prostate.
- Responsible for whole client groups e.g., patients with prostate cancer, or for episodes of care and nursing services more widely.
- Core members of a multidisciplinary team.
Key contributions that CNSs make to cancer care

- Innovation, project management and change management
- Acting as a key worker across the whole care pathway
- Advanced clinical / diagnostic skills
- Leadership within the MDT and wider cancer team
- In-depth knowledge of a tumour area
- Ability to assess patients’ holistic needs
- Excellent decision-making abilities
- Empathy for patients and their families
- Advanced communication and advocacy skills
Experience from the front line – CNSs transforming cancer care

Improving quality and experience of care
- Managing complex, individual and changing information and support needs of patients and carers
- Supporting patients in choices around treatment and care
- Enhancing recovery and delivering care flexibly and closer to home
- Facilitating set up of support groups

Reinforcing safety
- Delivering safe, nurse-led services
- Using vigilance of symptoms and drug toxicity to trigger rescue work
- Identifying and taking action to reduce risks
- Facilitating rapid re-entry into acute services, if appropriate

Increasing productivity and efficiency
- Intervening to manage treatment side effects and/or symptom control, preventing unplanned admissions
- Providing nurse-led services that free up consultant resource
- Empowering patients to self-manage their condition

Demonstrating leadership
- Educating the wider healthcare team and acting as a mentor
- Identifying and implementing service improvement and efficiencies
- Determining measurable outcomes, auditing practice, and sharing good practice and innovation

Impact of key CNS-led activities
Improving quality and experience of care

- Managing complex, individual and changing information and support needs of patients and carers
- Supporting patients in choices around treatment and care
  - Verbal and written information
  - Contact numbers
  - Sources of further information
  - Key contact
  - Counselling, listening and empathy skills
Patient/Client Care

- Act as an advocate
- Empower patients
  - To make treatment decisions
  - To self manage symptoms and treatment side effects
    - Signposting to sources of support and advice e.g. benefits advice, psychological support
- Assess patient health and wellbeing needs.
  - Respond to changing needs.
Increasing productivity and efficiency

- Manage a patient caseload
  - Nurse led services
    - Assess symptoms
    - Perform/arrange investigations
    - Administer treatments
    - Prevent unplanned admissions

- Ensure continuity of care, reduce delays in care pathways.
Increasing productivity and efficiency

- Empower patients
  - To make treatment decisions
  - To self manage symptoms and treatment side effects
    - Signposting to sources of support and advice e.g. benefits advice, psychological support
Reinforcing safety

- Delivering safe nurse-led services
  - Participate in the Multidisciplinary Team Meeting
  - Ensure practice is evidence based, safe and up to date

- Facilitating rapid re-entry into acute services, where appropriate
  - Readmission protocols and pathways
  - Outpatient review following discharge or between appointments
Reinforcing Safety

- Using vigilance of symptoms and drug toxicity to trigger rescue work
  - e.g., Neutropenic sepsis
  - Hormone therapy side
- Identifying and taking action to reduce risks
  - Patient education
  - Good communication with wider team
Demonstrating leadership

- Specialist education for the wider healthcare team and acting as a mentor
  - Medical Students, Doctors, student and qualified nurses, within the hospital and community.
- Identifying and implementing service improvement and efficiencies
- Auditing practice, and sharing good practice and innovation
  - Continually seek to improve the service for the benefit of patients using patient feedback and up to date evidence based best practice
TRAVEL BETWEEN HOSPITALS

LIVING WITH, P. SUR GROUP

ANSWER PHONE (OR PHONE BACK)

PASS ON ANY NEW DEVELOPMENTS

INFORM PATIENTS OF RESULTS OF ANY TESTS (PSA)

ADVICE ON RESULTS OF TESTS

LINKS WITH DOCS/PHRC ON PATIENTS CONDITION

START INITIAL TREATMENT

ORALLY GIVE NEW PATIENT A MASS OF INFORMATION

SMILE!

ASSIST IN HUNDREDS OF TRIALS

A SHOULDER TO CRY ON

ORGANISE DEPT.

SUPERVISE JUNIOR STAFF

CONTACT NOS.

Prostate Cancer Support
Group View of CNS Role
IDEAL JOB DESCRIPTION

1. (NEED) GOOD SOCIAL SKILLS (COMPASSIONATE)
2. (NEED) FULL UNDERSTANDING OF UROLOGY > CANCER (KNOWLEDGE)
3. GIVE TALKS TO SCHOOLS, ETC., MENS CLUBS
4. TO COMMUNICATE CLEARLY TO PROSTATE PATIENTS/GROUPS
5. TO GIVE APPROPRIATE ADVICE TO PATIENTS, TREATMENTS, ETC.
6. TO ENCOURAGE & SUPPORT PATIENTS
7. TO WORK CLOSELY WITH THE CONSULTANT/TEAM
8. TO TALK TO PATIENTS AT THE APPROPRIATE LEVEL
9. TO ASSIST IN 'SURGICAL' PROCEDURES, DIAGNOSTIC
10. TO BE VIRTUALLY 'ON CALL' TO PATIENTS DURING THE DAY
11. TO ATTEND CONFERENCES &C. TO GAIN MORE KNOWLEDGE, PARTICULARLY ON NEW TREATMENTS
12. WORK IN CLINICS

Prostate Cancer Support Group
View of Ideal CNS Role
References and Further Information