

# Genesis Oncology Trust Outcome of Grant

**1. Principal Investigator**

Dr Warren Nicholls, MidCentral DHB

**2. Title of Project**

The Early Detection of Prostate Cancer in General Practice: Supporting Patient Choice

**3. Grant #**

GOT-0707-SPG

**4. Amount awarded**

\$12,810

**5. What was the objective of your project?**

To promote best practice by General Practitioners (GPs) regarding the early detection of prostate cancer, whilst supporting a patient's individual choice.

A resource tool developed in Australia and adapted for New Zealand provided GPs with up to date information about prostate cancer testing and prompts for a discussion re the pros and cons of such testing, facilitating decision making that was both informed and consistent with the patient's personal preference.

**6. To what degree was the objective fulfilled?**

Training was delivered to 5 PHO GP pilot groups on how to use the resource tool effectively with their patients. Approximately 135 GPs attended 4 training programmes undertaken between July 2008 and November 2008. A fifth workshop was run in Palmerston North, June 2007 as an early pilot programme and was excluded from the evaluation phase of this project.

Participants were asked to complete a questionnaire immediately following the workshop to evaluate GP satisfaction with the training programme and the resource tool provided. Feedback included:

- GPs appreciated access to Medical Specialists. They valued the opportunity to ask questions and interact with them.
- GPs felt that the presentations were rushed. The resources used including the workshop programme were imported from Australia; the time allowed for the workshops in New Zealand was condensed and therefore underestimated.

The training programme was evaluated again 5-7 months later to assess utilisation of the resource tool in GP practices, and GPs knowledge and confidence when using the tool. Return rates for this evaluation were poor due to increasing demand on GPs time and extremely high workloads. Those who did respond noted the following:

- The training was useful; however the time to consult with men using the showcard was often a constraint.
- While most GPs had a copy of the resource tool in their practice or knew how to access it, a conversation about prostate testing was not always initiated with male patients.

Evaluation report attached – see Appendix 1.

**7. If applicable, how will the results of the project be disseminated?**

- CCN stakeholders, other regional cancer network management teams and the Ministry of Health have been updated on project progress via the quarterly report.
- CCN website development is expected August 2009 and information on this project will be included in the content of the website.
- CCN worked with the MOH on the evaluation phase of this project with a view to the Ministry considering undertaking a similar training programme nationally.

**8. If the project failed to meet its potential please provide a brief explanation for this outcome.**

N/A

**9. What findings of significance to the treatment or prevention of cancer or the delivery of palliative care was obtained?**

N/A

**10. Were there any unexpected benefits from this project?**

During the course of the project the Ministry of Health released new prostate resource tools specifically designed for New Zealand GPs, men and their families and while the focus of the project changed slightly as a result of this release the outcomes of the project remained the same. The revised NZ tool focuses on:

- Clarifying the patients concerns
- Providing information on prostate cancer and the tests available
- Giving an estimate of the individual's risk of prostate cancer
- Explaining the potential benefits and harms of prostate testing and treatment
- Helping the patient clarify their thoughts

The Central Cancer Network was delighted to have the opportunity to use the revised documents in the remaining prostate training programmes and has worked with the Ministry on the evaluation phase of this project with a view to national rollout.

**11. If applicable, will you continue with this line of research?**

The Ministry of Health are currently looking to undertake a similar training programme nationally.

**12. Any comments or suggestions you would like to make?**

Warren Nicholls (principle applicant) a local GP was part of the training team for this project and a key player in the delivery of this project his impressions are as follows:

- The workshops were well attended especially considering workloads and the session were held in the evening after work.
- The GP's greatly appreciated access to a Urologist and Psychologist during the workshop.
- The content to be delivered in the workshop was too long for the allocated time. The same workshops in Australia were delivered in a half day training session.
- Overall the workshops were worthwhile and assisted GP's in understanding the complexities of screening. In particular that there are no right and wrong answers when it comes to screening and that every patient is different and needs to be supported to make an informed choice about screening.
- GP's attending the final workshop had also received the NZ resource card and found the workshop useful to discuss both cards

## Appendix 1

### **Evaluation on the early detection of prostate cancer in general practice workshop**

General Practitioners are the most likely source of information for PSA testing and subsequent referral, therefore it is essential that they fully understand screening and treatment issues so that men in their care can make informed choices. With this in mind Specialist Urologist Quinten King, returned from a conference in Australia with an education programme and practice resource for GPs.

Quinten enlisted the help of the Central Cancer Network (CCN) to pilot the education programme and resource tool for General Practitioners (GPs) in the CCN region to use when discussing with a patient their choices about testing for prostate cancer. The tool initially used was developed in Australia and contained up to date information and facilitated decision making that was both informed and consistent with the patient's personal preference. During this project the Ministry of Health released a New Zealand version of the resource tool which was presented to GPs in the last two workshops.

The aim of the project was to pilot the delivery of a training package to GP groups within the CCN region, and evaluate the benefits of the training.

Four pilot training programmes on the early detection of prostate cancer in general practice were undertaken between July 2008 and November 2008. The training programmes were funded by a grant from Genesis Oncology Trust. Workshops were held in Masterton, Whanganui, Hawkes Bay and Gisborne. A fifth workshop was run in Palmerston North, June 2007 as an early pilot programme and was not evaluated.

Approximately 135 participants attended the 4 pilot programmes.

An electronic questionnaire was developed to evaluate the project. This was disseminated to 94 workshop participants by either by e-mail or fax. Practice nurses were excluded from the survey because they were not included in the target group.

In total 12 surveys were returned (12%) despite a reminder via e-mail 10 days after initial circulation. This is a disappointing result and as such the ability to generalise the results to the GP population is not possible.

Survey results were collated and are shown below.

1. 12 respondents replied, 4 electronically and 8 paper-based (either faxed or posted). 7 male GPs responded and 5 females.
2. **Over the period of an average month how many patients (approx) specifically ask about or want to discuss PSA testing/prostate cancer?**

Range 2 – 20

Median 3

Average 7

**How many of these patients would be Maori, Pacific people or other?**

There was a clear indication that those who asked for testing were of other ethnic groups, i.e., not Maori or Pacific People.

One GP indicated a request by a Maori Patient.

One GP indicated a request by a Pacific Patient.

3. **If men within the age range don't ask about PSA testing/prostate cancer do you initiate this discussion?**

8 GPs indicated that they 'sometimes' initiated a conversation.

The questionnaire did not clarify under what circumstances the conversation would be initiated by the GP.

1 GP had not initiated a conversation, 3 had.

4. **What is the most common age group you would initiate a conversation about PSA testing/prostate cancer with?**

8 GPs indicated 51 – 60 years

4 GPs indicated 41 – 50 years

The GP who had not initiated any conversation re PSA testing indicated that if they did initiate a conversation it would be in the 51 – 60 year age bracket.

5. **Are you aware that the Ministry of Health have released updated prostate resources?**

9 GPs were aware that the MOH had released updated resources (75%).

2 did not respond to this question.

1 (8%) was not aware of the new resources.

6. **Have you received a copy, or know where to access, the new consultation resource show cards released by the Ministry of Health late last year?**

83% of respondents had received or knew where to access the updated resources.

**7. Do you have a copy of the GP/patient showcard in your practice?**

83% indicated that they had a copy of the showcard in their practice

**8. In an average month approximately how often have you used the GP/patient showcard?**

The majority (66%) had used the showcard less than 10 times.

**9. Did the training prepare you to use the card effectively?**

8 GPs thought the training assisted them in using the card effectively.  
3 did not think the training helped.  
1 did not respond.

**10. What part of the workshop did you find most useful?**

75% of the respondents felt input by a Specialist Urologist was the most useful part of the workshop.  
The remaining 25% felt that the case studies were most useful.

**11. Would you recommend a national GP training programme on understanding PSA testing/prostate cancer and using the GP/patient showcard?**

8 participants (66%) would recommend a national training programme.  
4 would not.

**12. Does the resource tool give you more confidence in dealing with questions in relation to prostate cancer and/or PSA testing?**

8 participants (66%) felt the tool gave them more confidence in dealing with questions around prostate cancer and/or PSA testing.

3 participants indicated that the tool did not give them more confidence.

2 of the 3 GPs who indicated that they gained no further confidence using the tool *did* indicate that they initiate conversation with patients. The participants, who indicated that they sometimes initiated a conversation, all indicated confidence in using the tool.

**13. Have you experienced any difficulties or barriers in using the resource tool?**

2 respondents indicated difficulties or barriers in using the tool.

*'Prefer not to use it'* – this respondent also initiated discussion on prostate cancer. The respondent does not have or know where to access an up-to-date copy of the tool. Although they found the workshop useful they were not confident in using the tool and would not support a national training programme.

*'Too complicated for some patients'* this respondent acknowledged use of the showcard but not with Maori or Pacific patients.

**14. Approximately how long does a consultation take when using the resource tool to discuss PSA testing/prostate cancer with men?**

The majority of replies indicated consultations of 5 – 10 minutes with the following comments also noted.

*'A lot longer – 10 mins'*

*'Very variable – depends on patient anything from 5 – 50 mins'*

*'Long time 10 mins'*

The questionnaire failed to establish whether the consultation was made specifically to discuss prostate cancer/PSA testing or to discuss other health problems and prostate cancer was raised as a side issue.

**15. Is the card useful when talking with men who:**

- **Have English as a second language?**

Only two respondents indicated that they had used the tool on patients with English as a second language, 9 indicated they had not used it. The result is too small to determine if the tool is useful in this respect, or not.

- **Identify as Maori?**

Respondents indicated that they used the card with a greater proportion of Maori patients. 41% indicating that the tool was useful for Maori patients.

- **Identify as Pacific?**

33% of respondents felt the tool was useful in talking with Pacific patients.

- **Identify as Asian?**

**16. Overall do you think the GP/Patient show card is useful to assist men in making the decision about prostate testing?**

58% of participants indicated that the show card is useful in assisting men to make an informed decision regarding prostate testing.

**17. What, if any, feedback have you received when you have used the GP/Patient showcard?**

*'Understand what prostate cancer does and screening – not just doing a blood test'*

*'Good'*

*'Patients still choose to have the test'*

**18. If the GP/Patient showcard was available on your PMS, e.g., Medtech 32, would you use the card more often?**

7 (58%) of respondents indicated that they would use an electronic version of the showcard if it was available to them.

33% would not take advantage of such a tool.

8% did not respond to this question.

**19. Do you have any other comments or suggestion about the GP/patient show cards or the training workshop you attended?**

*'The card and education are good but I do not think it changed significantly the information I gave men and I had other diagrams I also use - use was in the risk assessment area'.*

*'I use the pamphlets regularly - very good'.*

*'More time for Q + A please' (training workshop).*

*'Workshop went on too long. Had to leave early'.*