

Men's health: prostate cancer

Date Tuesday 10 November, 12.30pm AEDT
Presenters A/Prof Justin Tse
Dr Timothy Senior
Mr Kym Thomas

This activity has been developed in partnership with Aboriginal Health & Medical Research Council of NSW and NSW Health



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Acknowledgement of Country

We recognise the traditional custodians of the lands and seas on which we live and work.

We pay our respects to Elders past and present.



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Presenters



A/Prof Justin Tse

*Director of Medical Student Education,
St Vincent's Clinical School
Melbourne Medical School at University
of Melbourne and practicing GP*



Dr Timothy Senior

*GP at Tharawal Aboriginal Medical
Service and Medical Advisor, RACGP
Aboriginal and Torres Strait Islander
Health*



Mr Kym Thomas

*Associate Lecturer
Adelaide Rural Clinical School
Faculty of Health & Medical Sciences*



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Learning Outcomes

By the end of this webinar, participants will

- Understand key principles for providing effective culturally responsive healthcare for Aboriginal and Torres Strait Islander people with prostate cancer
- Identify the risk factors for prostate cancer
- Identify strategies to improve own practices with prevention and early detection of cancers for Aboriginal and Torres Strait Islander people
- Discuss some of the barriers to effective implementation of follow-up treatment and monitoring



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Culturally responsive primary healthcare for Aboriginal and Torres Strait Islander people with cancer

- Understanding the patient
 - Importance of family history and information attainment
 - Accessibility to services, incl. financial, transport
 - Communication and engagement
- Practical considerations for consultations



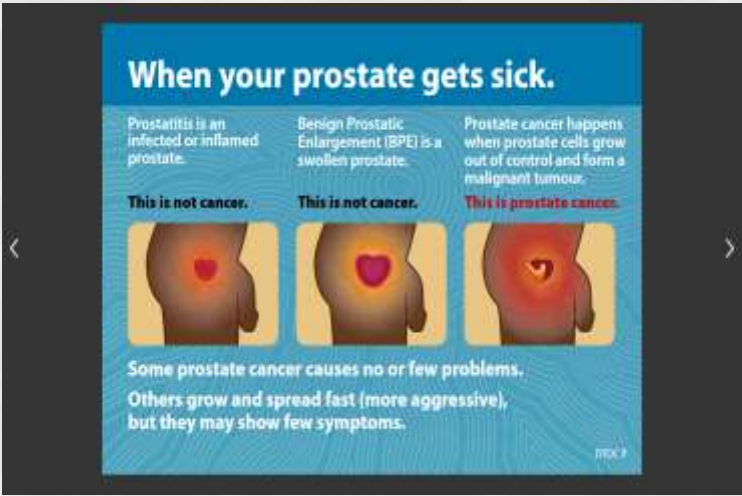
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Aboriginal design on information where possible.



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Use of diagrams like this are very useful in explanations.



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Some Prostate Cancer stats

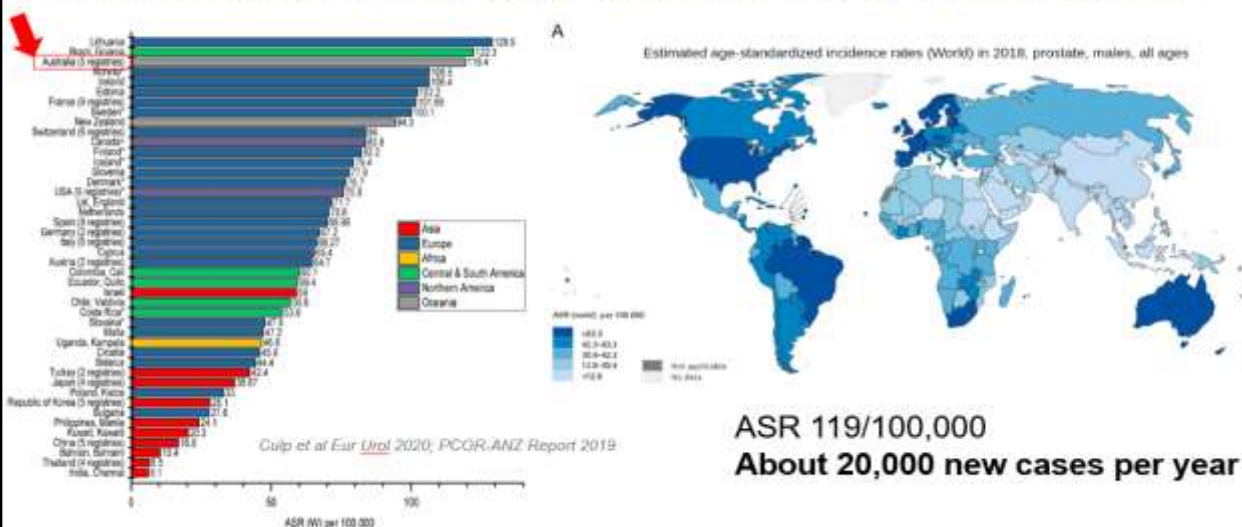


<https://prostate-cancer.canceraustralia.gov.au/statistics>

Cancer Australia 2019

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Australia has a very high incidence of prostate cancer



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Prostate cancer stats...

- 2nd leading cancer behind lung cancer in Aboriginal and Torres Strait Islander people
- Under diagnosed compared to general community
- 2009–2013, 526 new cases of prostate cancer were diagnosed in Indigenous Australians - *an average of 105 cases per year*.
- In 2011–2015, 83 Indigenous Australians died from prostate cancer - *an average of 17 deaths per year*

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Prostate cancer stats...

In 2007–2014, Indigenous Australians diagnosed with prostate cancer had an **86%** chance, on average, of surviving for five years compared with their counterparts in the Indigenous population. Non-Indigenous Australians diagnosed with prostate cancer had a **92%** chance, on average, of surviving for five years compared with their counterparts in the non-Indigenous population.



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Summary

Under diagnosed

- If diagnosed and treated, 5 year survival rates are worse than for general population

Today's webinar will review prostate cancer with First Nations focus on:

- Prevention and Screening
- Diagnosis
- Management



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Prostate Cancer Screening Guidelines - 2016

Cancer Council of Australia and PCFA development

NHMRC release in Jan 2016

Endorsed by RACGP and other specialty colleges and associations

Summary

- 50-70 year old men should be offered pros and cons of PSA testing and therefore to make an informed consent
- No DRE
- Testing if normal – every two years
- Those unlikely to live more than 7 years should not be offered the PSA testing for screening
- Those over 70 year old should have a detailed discussion regarding the benefits and harms of PSA testing
- Use of decision tools to support informed consent



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Informed Consent

- Informed consent for prostate specific antigen (PSA) screening
 - How does it happen
 - Risks
 - Benefits
 - The test itself – access, cost and follow up



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Healthcare records

- Role of health care records
 - Why
 - What
 - How
- Usage in general practice that benefits cancer patients



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Follow up

- Role of GPs post diagnosis and management with Cancer Care
- Explaining a positive diagnosis
- Patient-centred approach
 - Barriers and enablers for care
- Support patients being informed about cancer and what to expect



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Survivorship care

- Prevention of recurrent and new cancers
- Surveillance
- Intervention: reduce consequences of prostate cancer and its treatment
- Coordination of planned care between specialists and primary care providers
- Connection to family members, community and culture



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Useful resources

- National Guide to a preventive health assessment for Aboriginal and Torres Strait Islander people 3rd Ed
<https://www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/national-guide>
- Cancer in Aboriginal & Torres Strait Islander people of Australia AIHW
<https://www.aihw.gov.au/reports/cancer/cancer-in-indigenous-australians/contents/cancer-type/prostate-cancer-c61>
- Engaging Aboriginal and Torres Strait Islander Communities in Prostate Cancer Health Care Programs: PCFA Oct 2015 report
<https://www.prostate.org.au/media/591619/ATSI-Monographs-in-Prostate-Cancer.pdf>
- Guidelines for preventive activities in general practice 9th edition (Red Book)
<https://www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/green-book>
- Guidelines for the implementation of prevention in the general practice setting (Green Book)
<https://www.racgp.org.au/clinical-resources/clinical-guidelines/key-racgp-guidelines/view-all-racgp-guidelines/red-book>
- Resources for Healthcare Professionals Working with ATSI Communities
<https://www.prostate.org.au/publications/resources-for-healthcare-professionals-working-with-atsi-communities/>



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Any questions....

