

## How do you contact your PEASS team?

You can call or email your PEASS team, if you have any symptoms or worries relating to your prostate cancer or side effects from treatment.

Email: [the-christie.psmonitoring@nhs.net](mailto:the-christie.psmonitoring@nhs.net)

This email address is monitored Monday to Friday 8.00am – 4.00pm and we aim to respond to you by the next working day.  
Alternatively, please call **0161 956 1087**

### Useful additional information:

Prostate Cancer UK (PCUK) [www.prostatecanceruk.org](http://www.prostatecanceruk.org) or freephone the PCUK specialist nurses on **0800 074 8383**

Macmillan Cancer Support [www.macmillan.org.uk](http://www.macmillan.org.uk) or freephone: **0800 808 0000**

If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact [the-christie.patient.information@nhs.net](mailto:the-christie.patient.information@nhs.net)

For information and advice visit the cancer information centres at Withington, Oldham, Salford or Macclesfield. Opening times can vary, please check before making a special journey.

Contact The Christie Hotline for urgent support and specialist advice  
**The Christie Hotline: 0161 446 3658**  
Open 24 hours a day, 7 days a week

Urology department

## The Christie PEASS (Prostate Easy Access Support Service)

### Introduction

You have been provided with this patient information leaflet to explain about The Christie PEASS and what it means for your future care.

### What is The Christie PEASS?

The Christie PEASS is a supported self-management follow up pathway, for patients following their prostate cancer treatment or who are only on hormone therapy treatment. Supported self-management pathways are being introduced nationally as part of NHS England's long-term plan.

In the past patients living with, or after, a diagnosis of prostate cancer have been reviewed at regular intervals by their clinical team at a hospital or community clinic. Some patients find these appointments useful and reassuring, however many more find them unhelpful and a source of anxiety, unless they have something specific they wish to discuss.

There is strong evidence that symptoms and concerns are managed more quickly and effectively if patients report them as and when they occur, rather than waiting for a routine appointment. The Christie have as a result, changed the way we follow up some of our prostate cancer patients, and this new pathway is known as The Christie PEASS.

Patients who have been enrolled onto The Christie PEASS pathway will no longer have routine follow-up clinic appointments.



You will be able to contact your PEASS team directly as and when you need to, if you have any symptoms or worries.

There are lots of things you can do to look after your own health during and after cancer treatment. Many of these can be done without the involvement of your clinical team, such as physical activity and healthy eating.

It is important to remember that you are not yet being discharged and that you will have easy access to your PEASS team if you have any worries or concerns.

### **What are the benefits of The Christie PEASS?**

- You will not have to make trips to a clinic appointment or pay travel and parking charges when you are feeling well - this will also reduce your carbon footprint.
- You will not need to take time off work for unnecessary routine appointments.
- Your PSA blood test results and side effects from treatment will continue to be monitored and you will be supported with these.
- You can contact your PEASS team, as and when you need to, with any concerns relating to your prostate cancer or side effects from treatment, instead of having to wait for your next clinic appointment.

### **What information will I receive?**

- A PEASS workshop booklet.
- An invitation to a face to face PEASS workshop.

### **PSA (Prostate Specific Antigen) blood testing**

A PSA blood test measures the amount of PSA in your blood. PSA is a protein produced by normal cells and by prostate cancer cells. We use the PSA test to monitor you during and after prostate cancer treatment. You will continue to have regular PSA blood tests, usually every 6 to 12 months. A PSA blood test is one of the best ways to monitor your prostate cancer.

We will remind you before your PSA blood test is due, so that you can arrange an appointment to have a blood test. Your PSA results will be monitored by your PEASS team and we will inform you and your GP of the results.

### **Where can I have my PSA blood test?**

The Bloods Closer to Home (BCTH) service enables patients under the care of The Christie to have a blood test at a location closer to home, at a time and date convenient to them.

Local BCTH clinics are facilitated by The Christie staff. The PSA blood sample will be transported back to The Christie on the same day and the results will be available to your PEASS team.

To book an appointment closer to home, visit [www.christie.nhs.uk/bloodtest](http://www.christie.nhs.uk/bloodtest) or telephone **0161 918 7654**

To book an appointment at The Christie, Withington, email your PEASS team using the following email address

[the-christie.psamonitoring@nhs.net](mailto:the-christie.psamonitoring@nhs.net)  
or telephone **0161 956 1087**

**Please ensure that wherever you have your blood test taken, your PSA is requested.**

### **What is the role of your PEASS team?**

Your PEASS team are here to support you. We work closely with The Christie urology – oncology Consultants and clinical nurse specialists (CNS).

### **Who are your PEASS team at The Christie?**

Prostate cancer support Worker (CSW).....  
Clinical nurse specialist (CNS).....