

Please delete before use		Letter Name	Urology_Prostate_EoTS_WatchfulWaiting_032025 Version 1.0
Ratified by Pathway Board	2025	Created	Circa 2020
Consulted	Urology CNS teams across GM	Reviewed	March 2025
Contact point for amendments	gmcancer.admin@nhs.net Andrea.webber@nhs.net	Review date	March 2027

GM Cancer standard template for prostate cancer – watchful waiting treatment summary

Please delete this title and box after reading these instructions.

Remove all wording that does not apply to a particular patient in order to personalise it to the individual.

If you need to localise this treatment summary, e.g. job titles do not match those used in your Trust or adding your Trust logo, please do so, but please retain all other information.

Remember to ensure sections don't overrun onto the next page or titles separate from the body of the text before sending.

For GP use only: please code this letter as cancer treatment completed:

Snomed code 413737006	Cancer hospital treatment completed (situation)
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Patient Name

Hospital Name

Patient Address

Hospital Address

Date of Birth: 00/00/0000

Hospital No: 01234567

NHS No: 999 999 9999

Dear **[INSERT PATIENT NAME]**

Thank you for attending your **[INSERT CLINIC NAME]** appointment on **[INSERT DATE]**.

Please find below the summary of your diagnosis and the ongoing management plan that we discussed. A copy of this has also been sent to your GP. This plan is specific to your needs.

Key Contact Numbers:

Urology Clinical Nurse Specialist	Contact Number:
Urology Cancer Care Coordinator	Contact Number:

Out of hours contact details for advice:

Your GP out of hours service,
NHS 111
or your district nurses (if you have a designated district nurse) for advice

Out of hours when immediate attention is needed:

Go to your local Accident and Emergency department.
If you are unable to get to A&E yourself ring 999 for an ambulance.

Take this treatment summary with you

Diagnosis and Treatment to Date:

Diagnosis:	<i>Please give full details</i>	Date of Diagnosis:	SMDT date
Summary of Treatment and relevant dates:			
<ul style="list-style-type: none">Watchful waiting			
Treatment aim:	Watchful waiting is one way to monitor prostate cancer without the need for treatment to avoid its side effects unless you start to experience symptoms or complications associated with cancer progression		
Possible consequences of continued surveillance:	<ul style="list-style-type: none">Disease related anxiety and psychological stress		
Summary of consultation with the patient about their cancer and future progress:			

Alert symptoms that require urgent attention

If any of the symptoms in the box below are causing you **big problems** than make a same day GP appointment or speak to your CNS. If this is not possible, or if it is out of hours, or you feel any of the symptoms require immediate attention, go to your local accident and emergency department.

If you are unable to get to A&E yourself ring 999 for an ambulance.

It is important you do not wait over a weekend to speak to someone.

Signs of Spinal Cord Compression

- Tingling down the spine into legs or arms and legs
- New pain which gets worse and does not respond to painkillers
- Stiffness and heaviness in the legs affecting balance and walking
- A sudden onset of weakness in your legs or arms
- Numbness or changed sensation in legs – this can also affect your lower body, chest or arms
- Bladder or bowel problems – loss of control (incontinence) or unable to pee

Alert symptoms that require referral back to specialist team:

- Blood in urine (haematuria)
- A change in urinary symptoms
- Pain in the lower back / down your arm / leg or kidney area
- Unintended weight loss (more than 3 kg)
- Loss of appetite

Secondary Care Ongoing Management Plan (tests, appointments etc) [Delete AS APPROPRIATE]

Outpatient appointments will be every 6 months until discharge back to GP. Patients might be moved to Remote Surveillance if appropriate after a period of monitoring.

- **Always have a PSA done at least one week prior to the outpatient appointment**

Additional information relating to lifestyle and support needs:

A cancer diagnosis is often a life altering event. A number of lifestyle choices can affect your ongoing health and wellbeing. These can help you regain or build physical strength, reduce severity of side effects and reduce the risk of developing secondary cancers or other health issues.

Exercise and Physical Activity:

It has been proven that engaging in regular exercise or physical activity can address feelings of anxiety, experience of fatigue and low mood. It can also improve heart health, muscle strength, and maintaining a healthy weight. Even a small amount of physical activity is helpful if you are able. You may need to change the type of activity you do to your specific needs and limitations so we advise talking to your GP before you start.

Eating Well:

Eating a healthy balanced diet is an important part of maintaining good health and can help you feel better. This means eating a wide variety of foods in the right amounts and maintaining a healthy body weight.

Reducing alcohol to within safe limits:

The current UK guidelines to keep health risks to a low level are to avoid or not to regularly drink more than 14 units a week (6 pints of average-strength beer or 10 small (125ml) glasses of low-strength wine).

Stopping smoking:

If you are a smoker, giving up smoking will improve blood circulation, lower blood pressure, reduce the risk of a stroke, improve your immune system (ability to fight infection), and help to improve your breathing or stop it from getting worse. If you would like more help and advice, please speak to your Urology Cancer Care Co-ordinator, Urology Clinical Nurse Specialist Team, Local Pharmacy or GP.

Other Useful Contact Numbers: [DELETE AS APPROPRIATE]

Macmillan Cancer Support Line	0808 808 0000 www.macmillan.org.uk
Macmillan Information and Support Centre –The Hope Building and The Christie at Salford	0161 206 1455
Macmillan Information and Support Centre – Royal Oldham Hospital	0161 656 1026
Macmillan Information and Support Centre – Tameside Hospital	0161 922 5644
Macmillan Information and Support Centre – Royal Bolton Hospital	01204 390625
Macmillan Information and Support Centre – Manchester Royal Infirmary	0161 276 6868

Macmillan Information and Support Centre – North Manchester General	0161 604 5244
Macmillan Information and Support Centre – Wythenshawe Hospital	0161 291 4876
Macmillan Information and Support Centre – Royal Albert Edward Infirmary	0194 282 2760
Cancer Research UK Support Line	0808 800 4040
Maggie's Manchester The Robert Parfett Building The Christie Hospital	0161 641 4848 www.maggies.org/our-centres/maggies-manchester
Maggie's Oldham The Royal Oldham Hospital	0161 989 0550 www.maggies.org/our-centres/maggies-oldham
Surgical Secretary	[INSERT CONTACT DETAILS]
Other [INSERT DETAILS]	[INSERT CONTACT DETAILS]
Other [INSERT DETAILS]	[INSERT CONTACT DETAILS]
Other [INSERT DETAILS]	[INSERT CONTACT DETAILS]
Other [INSERT DETAILS]	[INSERT CONTACT DETAILS]
Other [INSERT DETAILS]	[INSERT CONTACT DETAILS]
Other [INSERT DETAILS]	[INSERT CONTACT DETAILS]
Other [INSERT DETAILS]	[INSERT CONTACT DETAILS]

Treatment Summary Completed by:	
Copy sent to GP:	<input type="checkbox"/>
Copy sent to Consultant:	<input type="checkbox"/>
Copy sent to other Health Care Professional(s):	[INSERT DETAILS]

ADDITIONAL NOTES FOR GP

For GP use only: please code this letter as cancer treatment completed:

Snomed code 413737006	Cancer hospital treatment completed (situation)	
8BCF.00	Read	Cancer hospital treatment completed

Personalised Care and Support Plan <input type="checkbox"/> (attached)	
Health and Wellbeing Information and Support given	[INSERT DETAILS]
Prescription Charge exemption certificate <input type="checkbox"/>	Free prescription reminder <input type="checkbox"/>
Advice given on services available on prescription	[INSERT DETAILS]
Advice given to apply for Personal Independence Payment (PIP)	Yes/No/Not applicable

Will [INSERT PATIENT NAME] be self-managing?	Yes / No [DELETE AS APPROPRIATE] [IF NO PLEASE STATE REASON]
Advise entry onto primary care palliative or supportive care register?	Yes/No/Not applicable
SR1 application completed?	Yes/No/Not applicable

Required GP actions (e.g. ongoing medications/ osteoporosis screening)

Please refer back if PSA >50 or if PSA doubles within a 6-month period, or symptoms suggestive of disease progression.

Cancer Care Review at 3 months and 12 months post diagnosis.

***Additional resources and information for primary care staff are available through
www.gatewayc.org.uk***