Introduction

The National Survivorship Programme requires healthcare providers to support patients completing treatment in domains that lie outside traditionally defined medical outcome paradigms. Parallel with these issues are challenges of increasing cancer survivors requiring support through more elaborate treatment pathways, reduced funding and workforce issues.

We describe the user centred development of a web based platform facilitating remote patient self-management within a safe, secure and clinically supported digital environment for patients undergoing follow-up for prostate cancer.

Aims and objectives

To demonstrate proof of concept that a digital APP delivered via a smart phone or other digital device, can be used safely for follow-up and support of patients with prostate cancer.

Results

- Ninety one per cent of invitees accepted the App.
- Follow-up and advice could be delivered over a wide age range access to nurse and clinician advice for patients over a large geographic area.
- Users
  - “Support only” – 37 patients
  - “Support and follow-up” – 44 patients
- Thirty seven patients received 54 planned digital follow-up events digital follow-up over the 10 month period.
- 627 patient self-tracking data entry sessions with 3036 readings added
- 342 messages received from users, 30% of messages were received outside working hours.
- Significant reduction in interval between PSA test and result to patient from 3 weeks to 5 days
- 7 patients escalated disease related through the App including possible cord compression, acute retention and erectile dysfunction with assessment delivered within 24 hours within an ambulatory setting
- Patient Experience - Users reported feeling more supported and better able to contact their healthcare team using the App.

Conclusion

Our platform allowed safe follow-up of PSA and facilitated the service user to provide feedback upon symptoms, wellbeing and patient driven engagement with their healthcare team on an ad hoc basis. This is a fundamental change in approach to delivery of clinical services, defining and capturing patient reported outcome measures that may enhance care and experience of cancer survivors, improve delivery of The Cancer Recovery Package. This approach has wider applicable to a range of long-term conditions.

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