Nurse-Led Supportive Care Intervention for Men With Advanced Prostate Cancer

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Prostate cancer is the most common male cancer in developed countries, with Australia and New Zealand having the highest incidence rates of prostate cancer worldwide (Ferlay et al., 2015). Men with advanced prostate cancer (defined as nonlocalized disease and distant metastases) can have poor quality of life (QOL) and health outcomes, including increased psychological distress and suicide risk, compared to men with localized disease (Smith et al., 2018). In addition, many of these men have reported unmet psychological needs, high levels of uncertainty, and moderate to high anxiety levels (Smith et al., 2007). About one in four experience regret about treatment decisions, leading to poorer QOL and increased distress (Clark, Wray, & Ashton, 2001). A longitudinal study reporting men’s advanced prostate cancer (N = 81) outcomes during a five-year period indicated that 38 men were highly distressed at diagnosis, 13 were still distressed five years later, and health-related QOL declined over time (Zajdlewicz, Hyde, Lepore, Gardiner, & Chambers, 2017). An Australian study of 32 men with advanced prostate cancer (proven metastatic or castration-resistant biochemical regression) investigated men’s preferred models of care and their major challenges (Chambers et al., 2018). Key themes were (a) regret about late diagnosis and treatment decisions, (b) being discounted in the health system, (c) fear or uncertainty about the future, (d) acceptance of their situation, (e) masculinity, and (f) treatment effects. Evident in these studies were the complexities facing men with advanced prostate cancer and the need to thoughtfully consider and design targeted interventions to address often emergent issues.

A systematic review of the literature reporting psychosocial interventions for men with prostate cancer concluded that supportive care interventions using effective strategies, including education, cognitive behavioral approaches, relaxation, communication, and decision support, can improve...