

Men's Health

The current goal of the Men's Health Program is to leverage off Calgary's Prostate Cancer Centre's "get checked" program that is delivered to men through our MAN VAN™. As well as offering free PSA tests, we felt it made sense to have men understand other numbers that impacted their long term health. Since 2010 we have administered over 35,000 PSA tests and captured data around this test. In the last year we have collected over 1,500 statistics from men on blood sugar, blood pressure and BMI and we can definitely speak to trends we are seeing.

What is the Prostate Cancer Centre's Women for Men's Health Initiative?

Calgary Radiologist and PCC board member Dr. Shelley Spaner is the founder of Women for Men's Health. Dr. Spaner has witnessed the disparity between women and men's health firsthand, and has started this initiative to engage women as active players in closing the gender gap when it comes to health and wellness.

Her vision is to create a program in Calgary's Prostate Cancer Centre that resides within the Southern Alberta Institute of Urology that is all inclusive and accessible for men, to shift men's behaviours towards maintaining their health, and to mobilize women as key players in this effort.

The message is simple, to prevent men from dying in this province from modifiable health factors related to diet, weight, blood pressure, and prostate cancer we need to encourage men to visit their doctor and get checked regularly.

Objectives

1. Identify key clinical priorities in men's health
2. Identify key research priorities in men's health
3. Identify enablers and barriers of top clinical and research priorities
4. Educate policy and decision makers about the roll and value of long-term follow up care in men's health

Clinical Priorities

- Develop strategies to educate men that chronic disease can be mitigated with early interventions
- Identify what "health" means to men
- Empower men to make informed decisions and take charge of their health
- Teach men how to access and evaluate available information
- Our on-line site will provide information, services, discussion etc

Research Priorities

- Evaluation of specific interventions of our programs to determine their impacts and outcomes and ensure continuous quality improvement of our services by collecting and analyzing data on test results and follow up calls
- Assessment of different models of follow-up care delivery

- Research to understand the role of empowerment and engagement in health behavior and self-management
- We believe that continued improvements in men's health can most effectively be achieved and sustained through greater collaboration and connections among key stakeholders and will ultimately continue to improve the health and lives of Alberta men

Programs and Interventions

- Our Man Van™ Program is the primary way we reach men. We go to where they work and play and also target places where more vulnerable populations are.
- Develop, test and/or promote innovative methods of providing : patient navigation systems; exercise interventions; self-management; psychosocial programs; peer support
- Establish and/or promote integrated multidisciplinary teams of health care providers to provide treatment and follow-up care
- Develop formal partnerships between doctors, PCN's, community support agencies and groups in order to meet the needs of men
- Develop and maintain infrastructure to obtain quality data on all activities to support programmatic action
- Interventions and programs to support vulnerable groups (newcomer groups, aboriginal populations)
- Identification of current best practices in Canada and abroad.

Care Delivery and Coordination

- Establish clinical practice follow-up guidelines for each test or intervention
- Assess and enhance linkages to programs and services in the community
- Innovative methods to access care
- Develop infrastructure to obtain quality data to support programmatic act

Barriers

- No formal communication lines with other organizations
- Lack of communication between specialists and professionals
- Lack of understanding of what each profession has to share
- Health care systems not designed so that professionals can easily form teams that share space and time
- Lack of personal (nurses in particular)
- Lack of awareness
- Lack of dissemination of information or knowledge to PCP

Enablers

- Committed and integrated team of care providers
- Women for Men's Health Initiative with dedicated physical space and website
- Man Van as a platform to go to men in places where they work and play
- Funding to assemble a team of health care providers that can work to teach and promote healthy lifestyle changes
- Funding is separate from existing hospital or AHS program
- Multi-disciplinary/multi-institutional research
- There are local resources in many cases



Prostate Cancer Centre

- Good sites and resources developed for early disease
- Funding