



RAPID ACCESS CLINICS (RAC)

WHAT ARE THEY?

The success of the Prostate Cancer Centre as a world-class facility is in large part due to the creation and implementation of the Centre's six Rapid Access Clinics (RACs). These 'made-in-Calgary' clinics were the first exclusive-for-men-clinics in Canada which continue today to be the footprint and benchmark for other health organizations considering rapid access programs. Prior to the opening of the first Rapid Access Clinic, wait times for initial consultation (screening) were as long as three months. Today, a patient can have access to a specialist within 11 days. These distinctive clinics have had a major impact on men and provide patients "rapid access" to consultations, diagnosis, information on treatment options, a comprehensive sexual and urinary function clinic, aftercare, and wellness seminars. Each one of these clinics were designed as the result of in-depth evaluations of our patients' needs during each step of their journey with prostate cancer. The delivery of these clinics has enabled men to be treated with dignity and respect while streamlining services to ensure the best possible treatment is accessible every day to every man. In 2016, almost 10,000 patients and their partners visited the Prostate Cancer Centre's Rapid Access Clinics.

RAC I - ACCESS TO A SPECIALIST

Express clinics to shorten wait times from a family doctor referral to a consultation with a urologist. These clinics are staffed by urologists who will determine if further investigation is required for the patient.

RAC II - ACCESS TO TREATMENT SPECIALISTS

Bi-monthly information sessions by treatment specialists are offered to men diagnosed with prostate cancer. The seminar format gives participants the opportunity to hear from a urologist, radiation oncologist and medical oncologist who explain prostate cancer, treatment options and their side effects. These bi-weekly sessions take place on Tuesday evenings at the Prostate Cancer Centre. Family members are welcome.

RAC III - ACCESS TO POST-OP CARE

If a patient's treatment includes surgery at the Rockyview General Hospital, follow-up care is offered from the Prostate Cancer Centre's post-operative management nurse. The nurse is available to remove catheters, staples and provide information to post-op patients in person and by phone.

RAC IV - ACCESS TO SUPPORT FOR INCONTINENCE AND ERECTILE DYSFUNCTION

Patients who have had surgical treatment will receive follow up from a nurse at the Prostate Cancer Centre for 3 month and 9 month post-operative appointments. They will be assessed for continence and erectile issues and offered various treatments or referred to specialists if necessary. An "Intimacy after Prostate Cancer" class for couples is a workshop offered four to five times a year followed with injection clinics if this is a treatment the patient wishes to pursue.

11 Days to see a urologist from a family doctor, referral or MAN VAN™ clinic



RAC V - ACTIVE SURVEILLANCE



A clinic for patients who are currently diagnosed with prostate cancer but do not presently require treatment. They will be seen by a urologist for a DRE (digital rectal exam) and review of their PSA (prostate specific antigen) blood results. RAC V also runs a study with the Alberta Cancer Research Tumor Bank. Men will be asked to participate by contributing a blood, urine and semen sample.

RAC VI - ANDROGEN DEPRIVATION THERAPY (ADT)

Patients who have advanced prostate cancer are often treated with Hormone Deprivation Therapy. The main androgen is testosterone. Lowering androgen levels or stopping them from getting into prostate cancer cells often makes prostate cancers

shrink or grow more slowly for a time.

A urologist sees the patients for ADT injections and follow up. A urology nurse practitioner assists with the patient visits and teaching. Some patients are asked to be involved in clinical trials and/or the study with the Alberta Cancer Research Tumor Bank.

SUPPORT CLASSES FOR RAC CLINICS

ANDROGEN DEPRIVATION THERAPY (ADT)

A class offered to patients on androgen deprivation therapy. A workbook designed to help men cope with side effects, some of which can be prevented, and others that can be managed effectively. Patient's partners and/or loved ones are welcome to attend the class with them. Patients will also be asked to attend a follow-up class. The class, held monthly, is led by the Tom Baker Cancer Centre's registered provisional psychologist, Lauren Walker, PhD.

LIFE AFTER PROSTATE CANCER CLASS

This class provides wellness information for prostate cancer patients and their support persons. Presenters include a dietitian, kinesiologist, physiotherapist, and psychologist. These two and a half hour sessions are held every two weeks on Tuesday afternoons.

STRENGTH AND STRETCH CLASS

This class is provided by a certified exercise instructor and guides patients through gentle functional fitness, strength and stretching exercise, specifically designed for prostate cancer patients.

PEER2PEER SUPPORT GROUP

Volunteers providing peer-to-peer support for men diagnosed with prostate cancer. This group meets the third Thursday of every month and is composed of men who have been treated for prostate cancer in a variety of ways or are currently in active surveillance.

NUTRITION

This class teaches men on how diet can contribute to living a healthy lifestyle and recovering faster after going through treatment for prostate cancer. The class is hosted by Samara Felesky-Hunt, Registered Dietician.

4688 **Men accessed our programs
and services in 2016**