

My Wellbeing Plan is a care plan that is tailored to you. It is a summary of information about your diagnosis, treatment and ongoing care, including your wellbeing priorities. You can take this with you to any future health care appointments so that any care providers involved in your current and future care have a clear picture of your diagnosis, treatment and recovery. Ask a member of your healthcare team, for example your specialist nurse, to assist you in completing My Wellbeing Plan and to help you keep this plan up to date.

My Details

My Name	Care Plan Start Date
My Diagnosis Details	Date of Diagnosis
Treating Centre	My GP
My Specialist Nurse	My Specialist(s)

My Treatment Plan

In this section you can list the treatment(s) that you are having or have had. Sometimes you may be having more than one treatment and you can add the details in a separate box for each. You might like to include treatment details like: treatment type/name; treatment frequency/duration; number of treatment cycles; location of treatment; preparation for treatment. Your healthcare team will also let you know about side effects to be aware of, and how to manage them, based on your treatment type.

Active surveillance	Surgery	Radiation Therapy	Hormone Therapy
Chemotherapy	Targeted Therapy	Clinical Trial	Watchful Waiting
Other:			

Start Date: Treating Centre:

Treatment Details:

Side effects to be aware of:

My Treatment Plan (cont.)

Active surveillance	Surgery	Radiation Therapy	Hormone Therapy
Chemotherapy	Targeted Therapy	Clinical Trial	Watchful Waiting
Other:			

Start Date:

Treating Centre:

Treatment Details:

Side effects to be aware of:

Active surveillance	Surgery	Radiation Therapy	Hormone Therapy
Chemotherapy	Targeted Therapy	Clinical Trial	Watchful Waiting
Other:			

Start Date:

Treating Centre:

Treatment Details:

Side effects to be aware of:

Active surveillance	Surgery	Radiation Therapy	Hormone Therapy
Chemotherapy	Targeted Therapy	Clinical Trial	Watchful Waiting
Other:			

Start Date:

Treating Centre:

Treatment Details:

Side effects to be aware of:

My Follow Up Appointments

Please list any follow up appointments you have scheduled:

Date	Health Professional	Tests required	Comments
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My Medications

(if you would like to keep a record of prostate cancer related medications you can do that here)

My PSA Levels

Date:	PSA:	Date:	PSA:
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My Wellbeing Assessment

Your health care team will help manage your wellbeing from diagnosis and through life, and this includes physical issues such as the control of the cancer and management of physical side effects but also other illnesses that can occur as we age. This also includes checking on your emotional and social wellbeing.

A quick way to gauge your level of stress is to ask yourself how distressed have you felt over the past week on a scale of 0 (no distress), to 10 (extreme distress)? If you are **4 or over on this scale** then your **doctor or nurse needs to know** so they can work with you on what support you might need.

Click or check the number to score how distressed you have felt in the last week:

No distress

0	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Extreme distress

Check the items on the list below to get a sense of what might be most strongly influencing how you are feeling:

Practical concerns

Work
Financial/insurance

Family concerns

Partner

Emotional concerns

Depression
Uncertainty about the future
Nervousness
Sadness
Worry
Loss of interest in usual activities

Treatment concerns

Understanding treatments
Making a decision
Information about my illness

Other concerns (please list)

Physical concerns

Pain
Fatigue
Sexual
Urinary
Bowel
Hot flushes
Weight gain
Weight loss
Loss of muscle mass
Memory/concentration
Sleep
Feelings of loss of masculinity

Note for Health Professionals: Follow the Distress Screening Guidelines outlined in Chapter 3 (pp17-19) of the Health Professionals Guide to Delivering Psychosocial Care to Men with Prostate Cancer¹ when completing this section.

1. Chambers SK, Heneka N, Dunn J. The Health Professionals Guide to Delivering Psychological Care for Men with Prostate Cancer. Brisbane, Australia: Australian Academic Press; 2021.

My Wellbeing Priorities

This section is to help you identify any wellbeing priorities and set goals to achieve them. A member of your healthcare team, for example your specialist nurse, can help you complete this and link you with the appropriate services to support your priorities and needs.

My Wellbeing Priorities:

Actions for me:

Actions my healthcare team has taken:

My Referrals

Based on our discussions today my health care team has initiated referrals to:			If other, please list below:
Psychology	Fertility Management	Prostate Cancer Specialist Nurse	
Exercise Physiology	Penile Rehabilitation	Cancer Care Coordinator	
Dietitian	Physiotherapy	Continence Nurse	
Smoking Cessation	Occupational Therapy	Urology Nurse	
Individual Counselling	Continence Support	Social Worker	
Couples Counselling	Pain Management	Genetic Counselling	
Sexual Counselling/Therapy			

Information for my GP:

My health care team requests my GP considers the following:

GP Management Plan (GPMP)

Bone Health Monitoring

DEXA Scan

Mental Health Treatment Plan

Check Vitamin D and Calcium

Other

Note for Health Professionals: Follow the Agenda Setting Guidelines outlined in Chapter 3 (pp20-21) of the Health Professionals Guide to Delivering Psychosocial Care to Men with Prostate Cancer¹ when completing this section. If you are undertaking a Facing the Tiger Intervention, use the Flexible Components in the Guide to tailor intervention content.

1. Chambers SK, Heneka N, Dunn J. The Health Professionals Guide to Delivering Psychological Care for Men with Prostate Cancer. Brisbane, Australia: Australian Academic Press; 2021.

Supplementary health services

Services such as allied health professionals can assist with your recovery from Prostate Cancer symptoms, treatment and side effects, as well as benefiting your overall health and wellbeing. In order to access these services, speak to your health care team. Your doctors or nurse can provide you with a referral to public or private services that may benefit you. Services include:

- **Exercise Physiology** provides tailored clinical exercise interventions to manage symptoms associated with prostate cancer treatment and improve functional performance. Interventions also include health and physical activity information, and support for lifestyle modifications and behavioural change. You can find out more about exercise physiology at: <https://exerciseright.com.au/what-is-an-accredited-exercise-physiologist/>
- **Dietetics** provides personalised nutrition advice and support including eating plans, advice on supplements and nutritional counselling. You can find out more about dietetics at: <https://dietitiansaustralia.org.au/what-dietitans-do/>
- **Psychology** services provide support and treatment for anxiety, depression and distress, and other psychological concerns related to cancer. You can find out more about psychology at: <https://www.psychology.org.au/for-the-public/about-psychology>
- **Physiotherapy** helps strengthen the body, improve mobility and manage pain after prostate cancer treatment using movement and exercise, manual therapy, education and advice. You can find out more about physiotherapy at: <https://choose.physio/what-is-physio>
- **Occupational therapy** provides support if you are having difficulty with everyday tasks and helps you maintain, regain or improve your independence. You can find out more about occupational therapy at: <https://otaus.com.au/about/about-ot>
- **Social work** offers counselling services, therapeutic interventions, and information and resources for patients, families and carers to support decision making and access services and support. You can find out more about social work at: <https://www.aasw.asn.au/information-for-the-community/information-for-the-community>. Financial Counselling Australia also provides free information, advice and advocacy if you have concerns about finances: <https://www.financialcounsellingaustralia.org.au/about-financial-counselling/>

Other Helpful Services

- **Prostate Cancer Foundation of Australia (PCFA)** is the peak national body for prostate cancer in Australia and supports men and their families affected by prostate cancer through evidence-based information and resources, support groups and Prostate Cancer Specialist Nurses: <https://www.prostate.org.au/>
- **Prostate Cancer Specialist Telenursing and Counselling Service:** This service, provided by the Prostate Cancer Foundation of Australia (PCFA), connects you to a Prostate Cancer Specialist Nurse and Counselling Services who can help you with evidence-based information, practical and emotional support, and can link you with local support networks: <https://www.prostate.org.au/support/prostate-cancer-specialist-telenursing-service/>

To access this service you can:

- ✓ Phone: 1800 22 00 99
- ✓ Email: telenurse@pcfa.org.au
- ✓ Submit an online form: <https://www.prostate.org.au/telenursing-request-form/>

If you have a *hearing or speech impairment*, call the [National Relay Service](#) on 1800 555 677 and ask to be transferred to PCFA's Telenursing Service at 1800 22 00 99. If *English is not your main language* and you need an interpreter, call [TIS National](#) on 131 450 and ask to be transferred to PCFA's Telenursing Service at 1800 22 00 99.

My Referrals

The following is a list of services that may assist in managing the impact of prostate cancer on your life. There is more information about different service types on the previous page. Please tick any services that you are interested in or have engaged with. If you are interested in any of these services, ask your healthcare team or GP for a referral.

		I would like a referral to	I am already using this service	I no longer need this service
Health and wellbeing	Psychology			
	Exercise Physiology			
	Dietitian			
	Smoking Cessation			
	Individual Counselling			
	Couples Counselling			
Sexual Issues:	Sexual Counselling/Therapy			
	Fertility Management			
	Penile Rehabilitation			
Side Effect Management:	Physiotherapy			
	Occupational Therapy			
	Continence Support			
	Pain Management			
Specialist nursing:	Prostate Cancer Specialist Nurse			
	Cancer Care Coordinator			
	Continence Nurse			
	Urology Nurse			
Other Services:	Social Worker			
	Genetic Counselling			
Other				

Disclaimer

‘My Wellbeing Plan’ is based on the best available evidence and advice from qualified and accredited experts. The plan is intended to assist people and their loved ones in navigating a diagnosis of cancer in close consultation with their clinicians and specialists.

While we have exercised due care in ensuring the relevance of the material contained in the plan, it is not intended to be a definitive guide for the management of cancer and should not be interpreted as providing you with professional or clinical advice on specific concerns.

The plan is not a substitute for independent professional and clinical advice. Nothing contained in the plan is intended to be used as medical advice and it is not intended to be used to diagnose, treat, cure or prevent any condition, nor should it be used for therapeutic purposes or as a substitute for the advice of suitably qualified health professionals. The University of Southern Queensland and Prostate Cancer Foundation of Australia do not accept any liability for any injuries, loss or damages incurred by use of or reliance on the information provided in this plan.

Suggested resource citation: Dunn J, Heneka N, Sara S, Chambers SK. My Wellbeing Plan - A care plan for men with prostate cancer. University of Southern Queensland and Prostate Cancer Foundation of Australia. 2023. ISBN: 978-0-6452955-0-4

My Notes

You can use this section to make any notes during or in between visits to your healthcare team.

My Wellbeing Guide

For most men having prostate cancer leads to some changes in wellbeing. The type of changes and how long they persist will depend on the types of treatments you receive and your overall health. There are evidence-based interventions that you can use to help self-manage or minimise these effects and your doctor or nurse can advise you about this. This guide includes a list of some possible effects and who can help.

A wellbeing care plan is a plan to help you look after yourself now, and for any changes that might happen in the future. Your healthcare team may already use a care plan to help you with wellbeing planning, you can ask about this at your next appointment. If your healthcare team doesn't use a plan, you can access one through the Prostate Cancer Foundation of Australia at: <https://www.pcfa.org.au/publications/my-wellbeing-plan/>. It's all about you!

When thinking about wellbeing care, there are six areas to consider:



Personal agency



Personal agency means taking control about what help you need, and seeking support to manage your own health where you can. This does not mean going it alone, it means finding out who is there to help, what you can do yourself and what others can offer, and being an active part of the team.

What can I do?

- ✓ Set wellbeing goals that most matter to you.
- ✓ Once you have your goals clear then identify the information and other support you might need to achieve these goals. Set targets that are achievable and put an action plan in place with a timeline. Be prepared to be flexible and problem solve as you go along. This approach will help you to feel more in control of your care.

Shared management



Shared management means being an equal partner in your health care, sharing decision making with your health care team and sharing how you will tackle challenges as they arise. This includes informed decision making around testing and treatment, understanding and managing the physical and psychological effects of treatment and of the disease.

What can I do?

- ✓ Let your health care team know how involved you want to be in decisions about your care, and who else you want to be involved, such as your partner or other family or friends. Question lists can help guide the conversation with your doctor, nurse or other health professional and ensure you ask about the things that matter most to you. Plan in advance what questions you need answered, perhaps with the support of a partner or a close friend.
- ✓ Make sure your General Practitioner is connected into your care so that they are well prepared to support you.

Evidence-based survivorship interventions



Your time and energy are valuable. Being evidence-based is about directing your time, energy and resources to strategies that have strong evidence to support their effectiveness. There is excellent evidence for the benefits of exercise medicine. For overall wellness good nutritional habits are important. Psychological support helps manage mood changes and the stress and anxiety associated with cancer. Sexual health support tailored to individual men in different age groups and with different sexual orientations and relationships is also an area where good evidence exists about what works.

What can I do?

- ✓ Check with your health care team or organisations such as the Prostate Cancer Foundation of Australia about what services are available for you.
- ✓ Talk to other men who have had prostate cancer to see what they have found helpful and accessible, support groups can help here.
- ✓ Ask your General Practitioner to help with Medicare support for service through a GP Management Plan (GPMP) for allied health services, or the Mental Health Treatment Plan for psychology.

Care coordination



Care Coordination is about your health care team working together to get you the best care possible in a 'right place at the right time' approach.

What can I do?

- ✓ Ask your doctor or nurse who is the lead person coordinating your care and how you can contact them if you need to. Also ask who is keeping your General Practitioner in the loop. If you move to a different treatment approach you might need to ask this again.

Health promotion and advocacy



Having accurate and up to date information about prostate cancer is important for you, your family and your community.

What can I do?

- ✓ Be informed and active in seeking information about your cancer and your health care from credible and reliable sources.
- ✓ Share what you know about prostate cancer with people who matter to you, your partner and family and close networks.
- ✓ Reach out to local prostate cancer support groups in your area.

Vigilance



Your health care team will manage surveillance from diagnosis and through life, and this includes physical issues such as the control of the cancer and management of physical side effects but also other illnesses that can occur as we age. This also includes checking on your emotional and social wellbeing.

What can I do?

- ✓ Ask your doctor or nurse about your check-up schedule going forward and keep a record of this using this care plan.
- ✓ Communicate your concerns and how you are going physically and emotionally to your health care team.
- ✓ Your psychological wellbeing is just as important as your physical health. Use the scale and problem list below to gauge your level of stress.

A quick way to gauge your level of stress is to ask yourself how distressed have you felt over the past week on a scale of 0 (no distress), to 10 (extreme distress)? If you are **4 or over on this scale** then your **doctor or nurse needs to know** so they can work with you on what support you might need.

Click or check the number to score how distressed you have felt in the last week:

0	1	2	3	4	5	6	7	8	9	10
No distress										Extreme distress

Talk to your doctor or nurse about the problems that are concerning you the most to find out what services are available to you and how you can access them.

Check items on the list below to get a sense of what might be most strongly influencing how you are feeling:

Practical concerns

Work

Financial/insurance

Family concerns

Partner

Emotional concerns

Depression

Uncertainty about the future

Nervousness

Sadness

Worry

Loss of interest in usual activities

Treatment concerns

Understanding treatments

Making a decision

Information about my illness

Physical concerns

Pain

Fatigue

Sexual

Urinary

Bowel

Hot flushes

Weight gain

Weight loss

Loss of muscle mass

Memory/concentration

Sleep

Feelings of loss of masculinity

Other problems (please list)

My Wellbeing Plan Summary

This section will be completed by your Prostate Cancer Specialist Nurse or another member of your Health Care Team. It is a summary of the Wellbeing Plan you developed today or at your last visit. Please take this summary to your General Practitioner (GP) at your next visit to help them support your wellbeing care.

My name:

Completed by: (Name, role, site and contact details)

Date Wellbeing Plan completed:

Distress Score:

/10

Mild: 1-3; Moderate: 4-6; Extreme: 7-10

My Key Concerns:

Practical concerns

Work
Financial/insurance

Family concerns

Partner

Emotional concerns

Depression
Uncertainty about the future
Nervousness
Sadness
Worry
Loss of interest in usual activities

Treatment concerns

Understanding treatments
Making a decision
Information about my illness

Physical concerns

Pain
Fatigue
Sexual
Urinary
Bowel
Hot flushes
Weight gain
Weight loss
Loss of muscle mass
Memory/concentration
Sleep
Feelings of loss of masculinity

Other concerns

My Priorities:

Information for my GP:

Based on our discussions today my health care team has initiated referrals to:

If other, please list below:

Psychology	Fertility Management	Prostate Cancer Specialist Nurse
Exercise Physiology	Penile Rehabilitation	Cancer Care Coordinator
Dietitian	Physiotherapy	Continence Nurse
Smoking Cessation	Occupational Therapy	Urology Nurse
Individual Counselling	Continence Support	Social Worker
Couples Counselling	Pain Management	Genetic Counselling
Sexual Counselling/Therapy		

My health care team requests my GP considers the following:

GP Management
Plan (GPMP)

Mental Health
Treatment Plan

Other

Bone Health Monitoring

DEXA Scan

Check Vitamin D
and Calcium