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Background

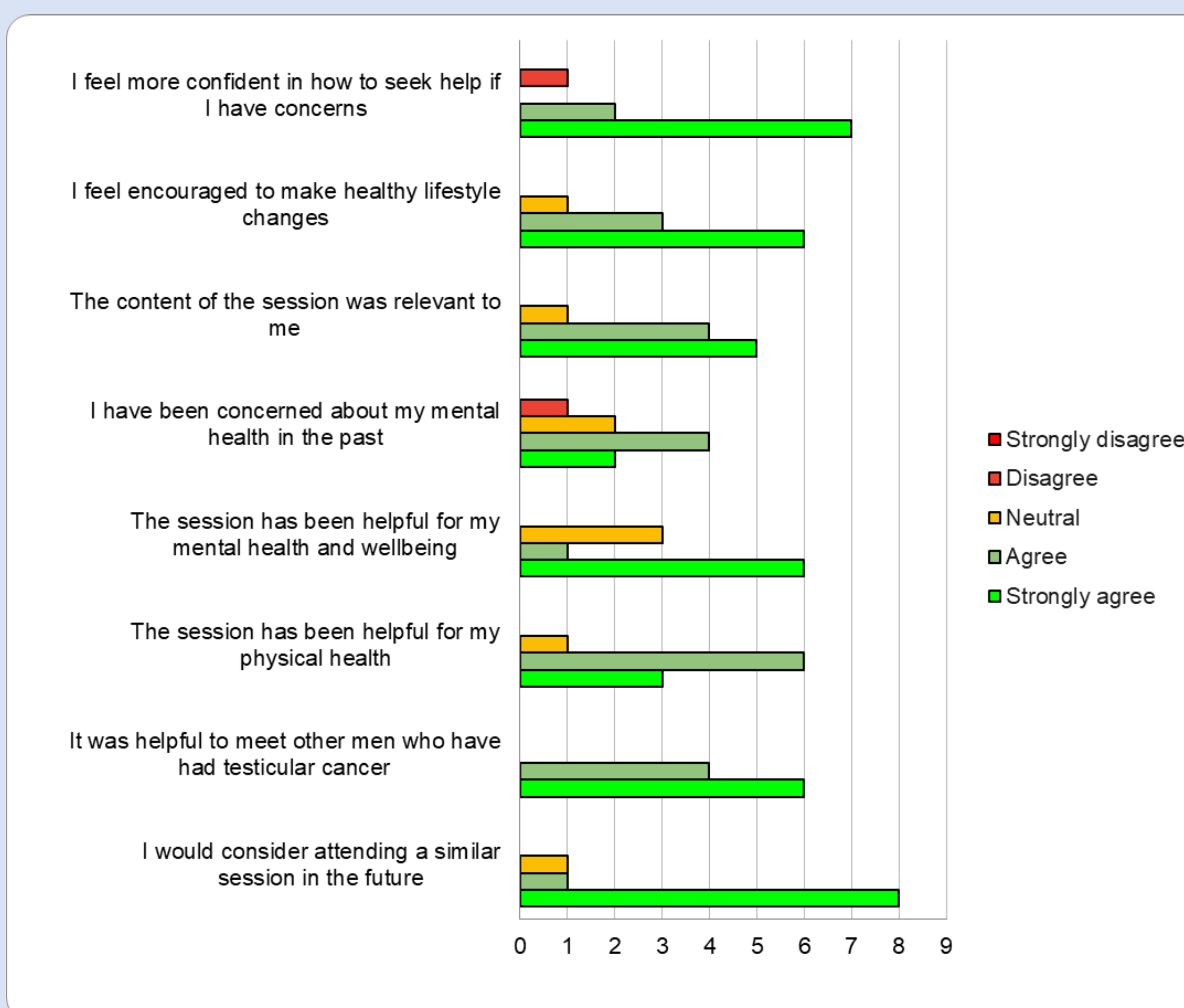
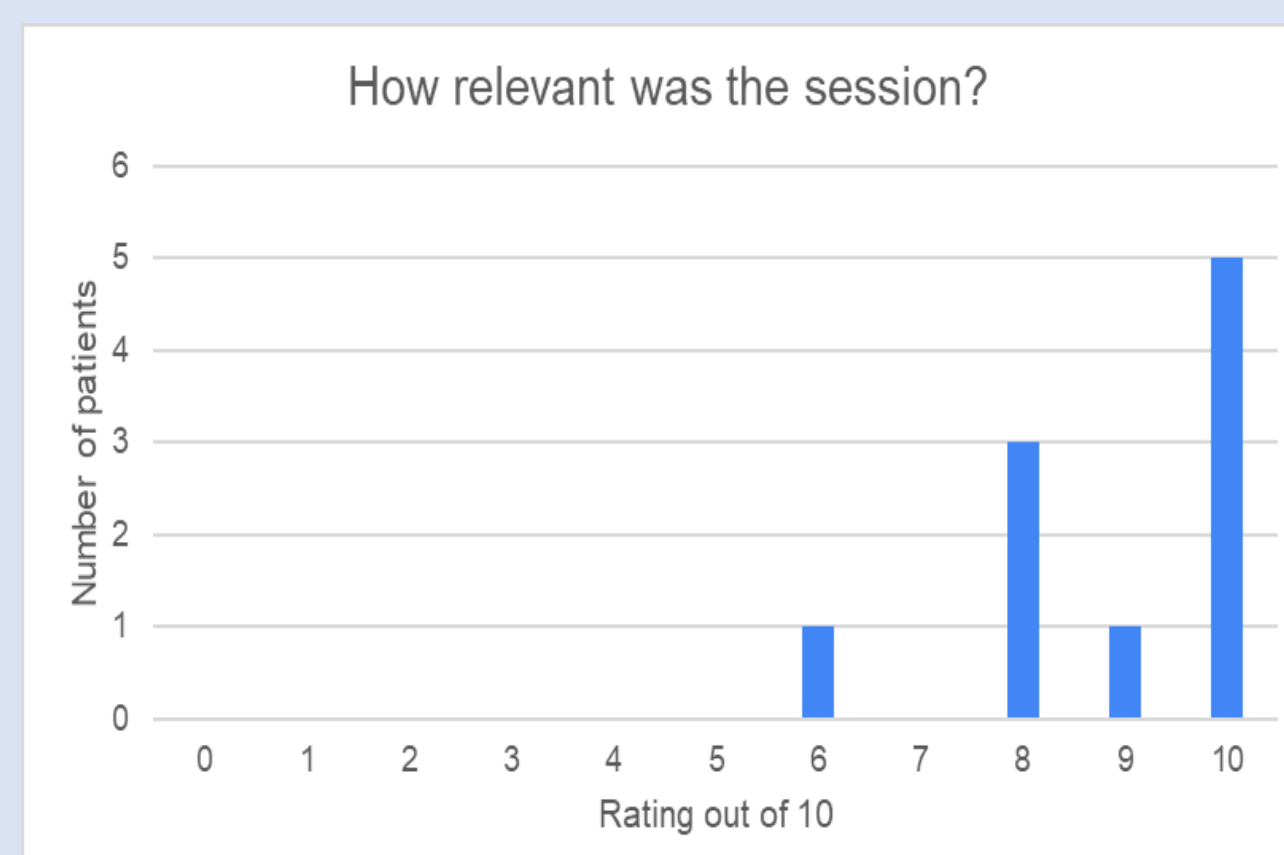
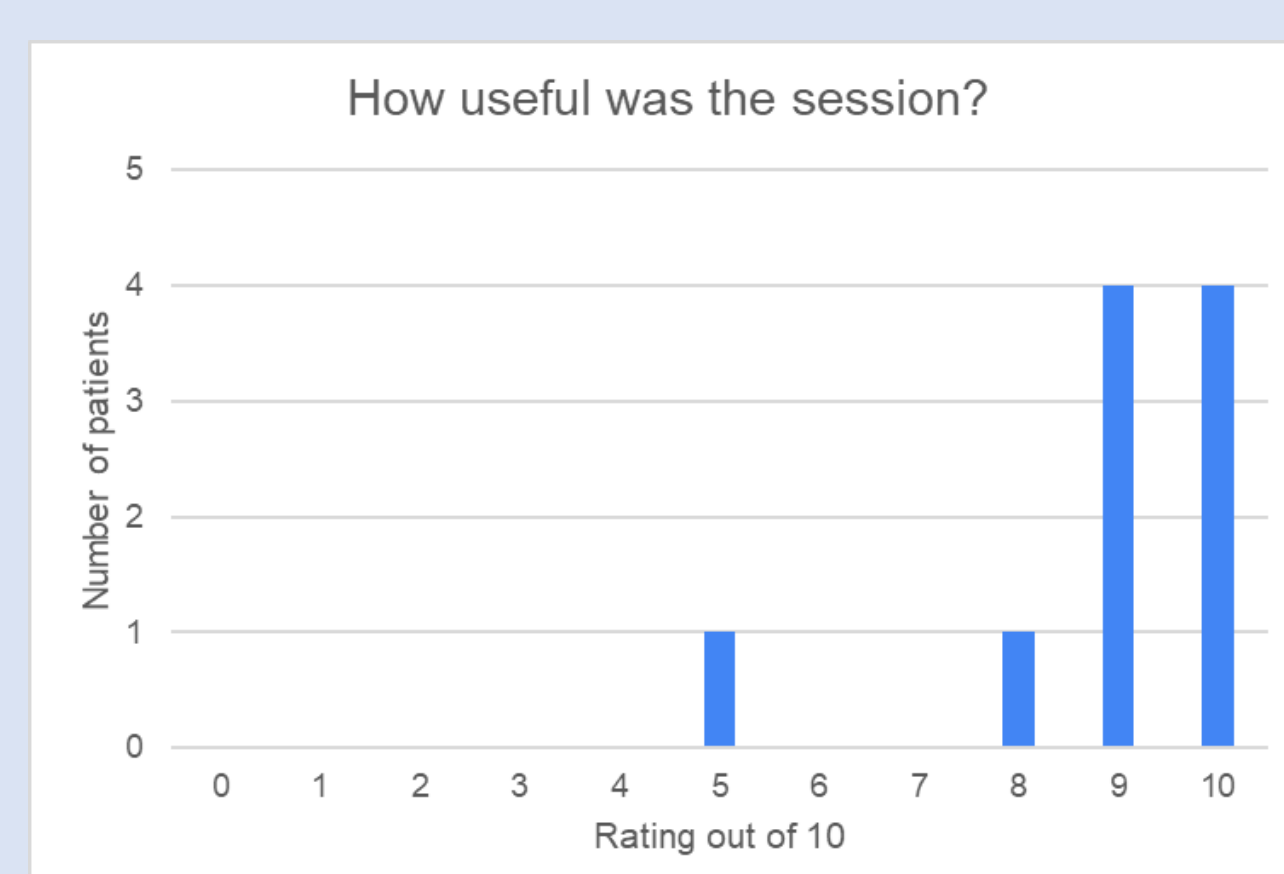
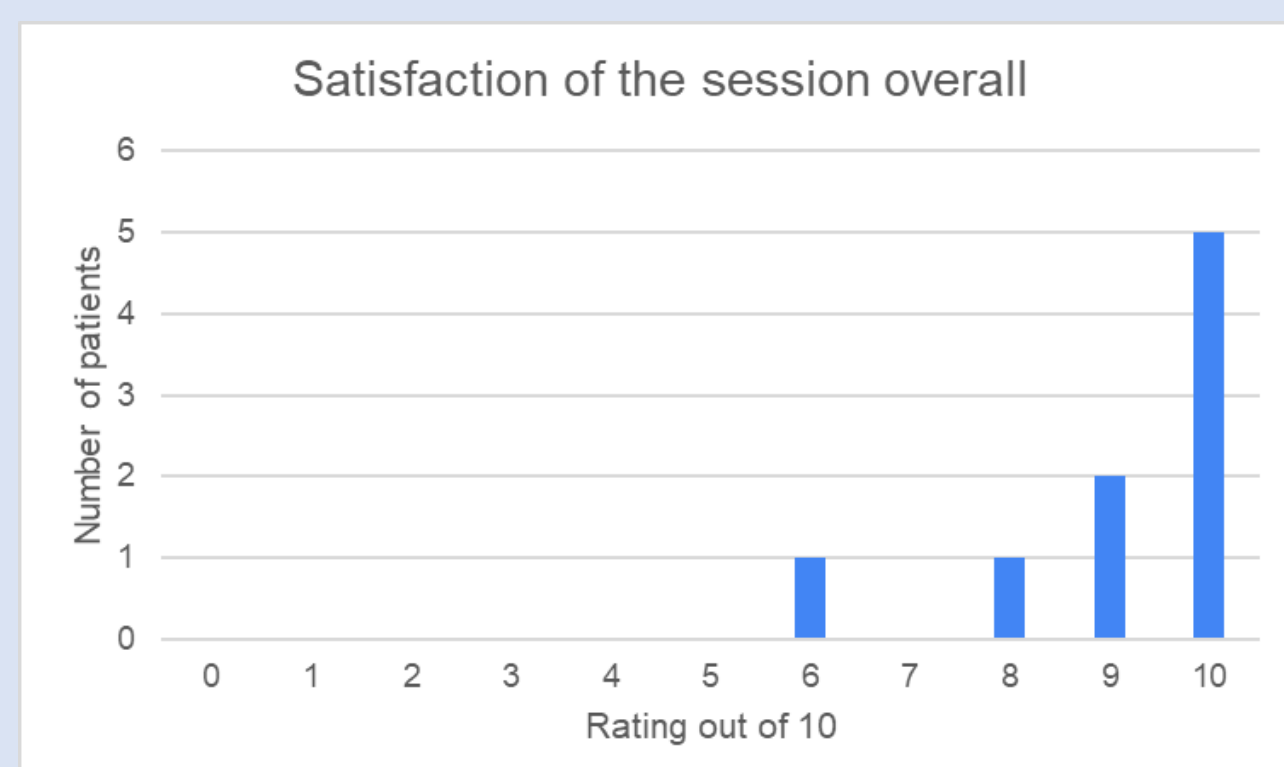
- Testicular cancer treatment can have long term effects on physical, mental and sexual health (1)
- Assessment for late effects of treatment and long term health promotion are important aspects of follow up
- There is no regional testicular cancer support group in South West Wales at present
- A pilot workshop was held, addressing the mental and physical health impact of testicular cancer, we also sought feedback regarding potential unmet need for a regular support group

Method

- Flyers advertising the event were sent by post to 150 patients under care of testicular surveillance clinic
- 10 men attended the face to face session in Maggie's Centre at Singleton Hospital
- Relevant information resources and leaflets were made available during the session
- Participant feedback was sought via questionnaire regarding usefulness and impact of the event and whether there was a need for a more regular event or support group

Time	Session	Facilitator
1pm-1.30pm	Introductions Surveillance clinic – Why, when, what Resources table, contact details Testicular cancer: Impacts on health and wellbeing short and long term	Uro-Oncology CNS and GPwER Oncology
1.30-1.50	Testosterone and fertility concerns Erectile dysfunction and its management	Urology CNS with interest in Erectile Dysfunction and psychosexual problems
13:50-14:30	Relationships and intimacy after a cancer diagnosis	Clinical Psychologist, Maggie's Centre
14:30-14:45	Coffee break Benefits Q+A	Maggie's Benefits advisor
14.45-15.30	Psychological impact of a testicular cancer diagnosis Patient experience story Open Q+A Men's mental health	Men's mental health coach with patient
15:30-15:40	Coffee break, questions	
15:40-16:40	Long term health promotion Pillars of good health - Sleep, relaxation, diet, exercise Exercise and fatigue management Tai Chi session	GPwER Oncology Oncology physiotherapist and occupational therapist
16:40- 16:50	Guided relaxation session	Maggie's volunteer
16:50- 17:00	Feedback and future direction Charities and Signposting	GPwER Oncology Uro-Oncology CNS

Results: feedback



- 8/10 pts were interested in a more regular support group
- 8/10 patients would prefer a regular support group to be held face to face, 1 would prefer social media group
- Suggested frequency of further meetings ranged from monthly to annually

Free text Patient feedback



Suggestions for future Topics



Conclusions:

- The event was well received by patients
- From observation, men were reluctant to talk in the group setting, but got talking during breaks
- Sessions on mental health and the opportunity to meet other men with testicular cancer were particularly well received
- The majority of attendees were interested in a regular support group and an opportunity for sharing individual stories

Future plans:

- To start a 4 monthly support group with emphasis on sharing individual experiences with Dr and CNS available for open Q&A
- To develop pre recorded content on suitable topics that could be accessed by patients online

References:

(1) Oldenberg et al. Testicular Seminoma and non-seminoma: ESMO-EURACAN clinical practice guideline for diagnosis, treatment, and follow up. Annals of Oncology Vol 33, issue 4, P362-375 April 2022