

Prehabilitation checklist for patients with prostate cancer starting androgen deprivation therapy (ADT)



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DEVELOPED BY THE BRITISH URO-ONCOLOGY GROUP (BUG)

in association with allied organisations and healthcare professionals

For men with advanced prostate cancer androgen deprivation therapy (ADT) is commonly the initial treatment, however, it can be associated with a number of physical and mental adverse effects.

A discussion with the patient about such potential effects is important prior to initiating treatment i.e. prehabilitation. A short checklist, as provided here as a print-out or for online completion, can help facilitate such discussions and noted in the patient's records, supporting follow-up.

'Discussed'/'Actioned' boxes can be simply checked. Ref: <https://doi.org/10.1002/tre.962>

BONE HEALTH	DISCUSSED	ACTIONED
Discussed with patient adverse effects of ADT on bone		
Assessed risk of osteoporosis/FRAX score		
Need for DEXA scan		
Prescription of bisphosphonates		
Recommended vitamin D supplements		
Referral to endocrinology		
METABOLIC PARAMETERS		
Cardiovascular risk of ADT discussed with patient		
Cardiovascular risk assessed		
Weight and waist circumference measured within last year		
Blood pressure measured within last year		
Lipid profile and HbA1c within last year		
Referral to other services/primary care		
SEXUAL FUNCTIONING		
Effects of ADT on sexual function discussed with patient/partner		
Discussed treatment		
Prescribed treatment		
Andrology service referral (consider baseline testosterone)		
Psychosexual counselling referral		
OTHER PHYSICAL EFFECTS		
Discussed hot flushes and fatigue with patient		
Discussed treatment		
Prescribed treatment		
PSYCHOLOGICAL/COGNITIVE EFFECTS		
Discussed mental health		
Psychological support referral		
Discussed cognitive function		
Cognitive function assessment/memory clinic referral		
HEALTHY LIFESTYLE		
Discussed lifestyle changes – diet, smoking, alcohol, exercise		
Provided information regarding exercise/referred to specialist service		
Provided information regarding diet/referred to nutritionist		
Referred to smoking cessation service		

Abbreviations: ADT, androgen deprivation therapy; DEXA, dual X-ray absorptiometry.