**Service Priorities and Programmes**

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# Physiotherapist's role in prostate cancer survivorship program: TMH pilot experience

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## Introduction

To enhance a healthy and active life in patients surviving prostate cancer, TMH Departments of Physiotherapy and Surgery piloted a 3-week, physiotherapy exercise program tailored to these prostate cancer survivors' functional and psychological needs.

## Objectives

To examine the feasibility, effectiveness and cost implications of a 3-week, physiotherapy-led exercise program for prostate cancer survivors.

## Methodology

From Sep – Oct 2014, prostate cancer patients who had undergone either prostatectomy or androgen deprivation therapy were recruited into this program by urology nurse consultant. The program consisted of a 3-weeks' exercise program in their familiar urology outpatient clinic supervised by physiotherapists. Patients had to come every week with instruction on aerobic, resistance and flexibility exercises which lasted for one hour. This exercise program was specifically designed by physiotherapist for prostate cancer survivors. Exercise sheet and video were provided and distributed to ensure better home exercise compliance. Subjective well-being using the Personal Well-being Index and objective physical parameters were collected before and after the program. Staff costs were estimated based on the Hospital Authority system. An estimated 20% of total costs were added to cover other costs.

## Result

Twenty two prostate cancer survivors with a mean age of 72.8 + 7.3 years (range 62 - 85) were recruited. No adverse events were reported. Clinically improved health domains of subjective well-being, blood pressure and lower limbs strength were observed. Moreover there was statistically significant improvement in heart rate ($p \leq 0.05$). Health cost for this exercise intervention was analyzed. Total cost required for this program was calculated to be HKD$4,103 (8 participants per group). Hence, cost per participant would be HKD$513. Results from this pilot program were encouraging. This specifically designed exercise program was shown to be feasible with promising effects on prostate cancer survivors. However, further study with larger sample size is necessary to ascertain these results. In the cost estimation, the modest costs associated with this program may support its routine application, although more precise calculation may be required.