

West of Scotland Cancer Network

**Urological Cancers
Managed Clinical Network**



Prostate Cancer

Regional Digital Follow-up (DFUP) Guideline

Prepared by	Dr Hilary Glen, Consultant Medical Oncologist and Prostate DFUP Clinical Lead Karen Connor, Urological Cancers MCN Manager
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Introduction

The purpose of the prostate cancer regional follow-up guideline is to ensure consistency of practice across the West of Scotland and the principles of any revision to the follow-up guideline will continue to ensure that management of patients after initial treatment for prostate cancer are:

- Patient-centred
- Aligned to recognised current best practice
- Equitable across the region
- Clinically safe and effective
- Efficiently delivered

These regional guidelines are supported by the Urological Cancers MCN whose members also recognise that specific needs of individual patients may require to be met by an alternative approach and that this will be provided where necessary and documented in the patient notes.

Prostate Cancer Digital Follow-up

WoSCAN has implemented digital follow up (DFUP) for prostate cancer patients that have been treated with radical prostatectomy or radical radiotherapy.

As of April 2025, it has been agreed with Oncology that patients treated with brachytherapy (radioiodine implant) can be enrolled for digital follow up in line with the threshold set for radical radiotherapy ie Nadir + 2.

The digital pathway supports ongoing routine monitoring of Prostate-Specific Antigen (PSA) over a 10-year period post radical treatment.

Individuals also have the option to decline digital follow up if this does not suit their needs.

Management of DFUP is facilitated by six Health Care Support Workers: one HCSW in each of NHSFV, NHSLAN, NHSAA and three in NHSGGC (North, South and Clyde Sectors). Patients are referred from their clinical team to their local HCSW and can be enrolled to DFUP at any time during the 10 years follow up period post radical treatment.

DFUP enables timely and secure access to PSA results and indicates whether the result is satisfactory or unsatisfactory based on agreed thresholds.

Radical treatment	PSA satisfactory range
Prostatectomy	<0.1
Radiotherapy	Nadir + 2
Brachytherapy	Nadir + 2

The result can be communicated in a variety of ways depending on patient preference, which is usually by email or SMS, but can include an automated telephone call or interaction with an app.

At any interaction with the DFUP system, patients can flag any concerns regarding symptoms or feelings and will be directed to Prostate Cancer UK literature or alternatively request a contact with the Clinical Team.

Digital Follow up schedule – Radical Prostatectomy and Radical Radiotherapy

Timeline	Follow up Schedule
Year 1-5	PSA 6 monthly
Year 6-10	PSA annually

Digital Follow up schedule – Brachytherapy

Timeline	Follow up Schedule
Year 3-5	PSA 6 monthly
Year 6-10	PSA annually

With brachytherapy treatment, the PSA nadir can be delayed until 18 months post treatment. Therefore, it has been agreed that brachytherapy patients will be followed up for the first two years by traditional means as per local arrangements. Having reached the nadir, and if PSA is stable at this point, brachytherapy patients can be referred for digital follow up in Years 3-10.

Unsatisfactory Results

Unsatisfactory alerts are flagged to the HCSW who will contact the responsible CNS. The CNS will contact the patient to arrange a follow up appointment. Patients will be removed from digital follow up whilst they are reviewed by their local clinical teams as per local processes but may be re-enrolled in DFUP if appropriate.

Discharge

Patients are discharged from DFUP at the end of the 10-year period and annual PSA testing will cease. Re-referral from Primary Care to the Uro-oncology service will be via existing local processes.

Appendix 1: WoSCAN Digital PSA Follow Up Referral Proforma

This patient has been referred for enrolment in digital follow up (DFUP) after radical treatment for prostate cancer ie.

- Radical prostatectomy or
- Radical radiotherapy (+/-hormones) or
- Brachytherapy.

The relevant Health Care Support Worker (HCSW) will flag any alerts to the Urology Team for consideration of follow up via Urology/Oncology clinic appointment.

Referred by:	
Date:	
Patient details:	
Radical prostatectomy	
Gleason Score:	Final TNM:
Date of RALP:	
Radical Radiotherapy#	
Date completed hormone therapy or date due to complete hormone therapy:	
Date completed radiotherapy:	Date <u>due</u> to complete radiotherapy:
Brachytherapy	
Date of brachytherapy:	
All patients	
PSA nadir:	
Any other relevant information:	

#Please note, if a patient is being referred for DFUP post radiotherapy, whilst still receiving adjuvant hormone treatment, it is the responsibility of the referring team to ensure that hormone treatment is stopped at the appropriate time point. This will not be overseen by the HCSW involved in the patient's DFUP.

Follow up schedule:

Timeline	Proposed follow up
Year 1 -5	PSA 6 monthly
Year 6-10	PSA annually

Completed document to be scanned to EPR

Contact [\[insert HCSW name/contact details\]](#) for any queries in regard to digital follow up in NHS [\[insert NHS Board \(sector\)\]](#).