

VPCC

Virtual Prostate Cancer Clinic

Your Oncologist referred you, now what?

After treatment for prostate cancer, it is important to have your PSA & symptoms monitored regularly to ensure that your prostate cancer has not returned & to address side effects. Traditionally, patients travel to the hospital for a visit. They deal with transportation, traffic, long waits and associated expenses. But, VPCC patients have their visits completed in more convenient ways: PSA testing performed close to home with a survey to monitor symptoms

HOW DOES IT WORK?

- ✓ **Our administrator calls you to decide on a lab close to your home¹ and discuss any concerns you have.**
- ✓ **The month before your PSA is due, you'll get an email reminder to visit your preferred lab to draw your PSA and a link to fill out the symptom survey.²**
- ✓ **Once the VPCC receives your PSA and symptom survey, they are reviewed and most will receive an immediate notification if your PSA results are "good" and you have little to no symptoms. After, you can arrange to speak with a provider to discuss any concerns you might have**
- ✓ **If there are any concerns, you will receive a phone call to discuss them in detail with a VPCC provider.**

Still have questions? FAQs



What are PSA Levels?

PSA levels or prostate specific antigen are the "gold standard" to monitor for relapse. They're found through a simple blood test.



What is a Symptom Survey?

The survey asks questions like those you answered during treatment. This helps us to understand symptoms you may be experiencing. While at home, you'll fill out the survey online by opening a link in your reminder email.² Results are automatically sent to the VPCC.



What if I have other questions?

If you have any concerns about anything, don't wait until you receive a reminder, we are available to you year-round for any questions you may have.

Office number: 617-525-8431

Email: VPSAM@partners.org

¹ Affiliated labs are reviewed first so that results are received immediately. If none are available, a local laboratory will be selected and provided with a lab order containing instructions to fax the results to our office.

² If you don't have an email, a reminder letter and survey will be mailed to your home.

Types of post treatment PSA monitoring



Exclusive

PSA testing is ordered and reviewed by only the VPCC team in collaboration with the patient's referring doctor



Shared Care

Men alternate PSA monitoring visits between the VPCC and another provider, typically their medical oncologist. This allows both specialties to remain involved in your care. It cuts expenses and the time you need to travel to the hospital to review PSA results and symptoms.

VPCC Participants truly pay it forward by not having in clinic follow up visits. This has allowed their doctors to see more new patients faster. Participants have made a real difference with an over 30% reduction of in clinic follow ups, there's been a 30% increase in new patient consults and 20% more patients are being treated.

Secondary PSA Monitoring

Sometimes after completing radiation, you may have your PSA testing ordered and reviewed exclusively by your medical oncology team. Radiation oncology still will remain an active member of your care team. Rather than bring you in for an additional visit, your provider may refer you to the VPCC. In this case, the VPCC reviews all PSA obtained by medical oncology as well as any symptoms you report from the survey. This typically done for patients remaining on hormone therapy or prefer to come in to DFCI for testing. Often these patients, chose to or med onc will transfer to VPCC exclusive PSA monitoring.

³ If you don't have an email, a reminder letter and survey will be mailed to your home.

VPCC BENEFITS

- ✓ Continue providing the highest quality care with more convenience.
- ✓ Track PSA results to catch a relapse early.
- ✓ If concerns arise, you're fast tracked for a clinic visit with your doctor.
- ✓ Multiple ways to communicate with VPCC providers, year-round.

VPCC Participants have seen...

- ✓ a reduction in out of pocket expenses and travel related stress.
- ✓ 50% save more than 3 hours per visit.

HOW DOES IT WORK?

- ✓ Our administrator calls you to discuss your virtual visit and any concerns you may have.
- ✓ The month before your virtual visit, you'll get an email reminder with a link to fill out the symptom survey.³
- ✓ Once the VPCC receives your symptom survey, your symptoms and your most recent PSA are reviewed and many will receive an immediate notification if their PSA results are "good" and you have little to no symptoms. After, you can arrange to speak with a provider to discuss any concerns you might have.
- ✓ If there are any concerns, you will receive a phone call to discuss them in detail from a VPCC provider.



Brigham & Women's: Department of Radiation Oncology