



## Service Priorities and Programmes Electronic Presentations

**Convention ID:** 507

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### **Prostate Cancer Empowerment program in HKEC**

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### **Keywords:**

Walnut Club

Prostate Cancer

Empowerment

Community engagement

Patient Group

Community Partnership

### **Introduction**

In recent years, the incidence of prostate cancer is significant. The demand for information and treatment options has markedly increased. The number of patients that requires pre-operative preparation and post-operative rehabilitation has intensified. In our cluster, new initiatives 'The Walnut Club' launched since 2013 which involves a multi-disciplinary team consisting of Oncology & Urology doctors, nurses, social workers in hospital & community, dieticians, and sex therapists. Cancer PRC serves as a platform to collaborate all the internal & community resources to enhance the quality of life of all prostate cancer patients. The Walnut club provides a holistic patient care pathway for prostate cancer patients from hospital to community.

### **Objectives**

1. To empower patient from patient role from self-help to peer mentor. 2. To increase the satisfactory level of patients

### **Methodology**

All patients will go through a series of workshops and patient group sharing preparing them for cancer treatment and life after cancer. The Walnut Club does not only provide cure for cancer but also peer concern and care for the patient's life. It is a joint collaboration with community partner Hong Kong Cancer Fund (HKCF) and all patients will joint 3 empowerment workshops in hospital and then 4 mutual support workshops in the community by the same team of professionals. Stage 1: Patient empowerment & orientation program in Hospital Stage 2: Patient empowerment & peer sharing program in community Stage 3: Add on psychosocial needs program in community Stage 4: Walnut club as peer mentor & core member

### **Result**

From 2013 to 2015, 238 patients have received the orientation program in our unit and over 80% patient smoothly transferred to HKCF for community rehabilitation. In 2015, the Walnut Club membership in community is exceed 100 and 12 patient leader are selected to form a committee for further follow up the peers volunteer service in hospital for Ca prostate patient in a long term support by clinical in Hospital and community. Conclusion: A well-planned patient journey and patient empowerment initiatives could physically, psychologically and socially helped Ca Prostate patients to go through hurdles in the road of recovery and the transformation from patient role to peer mentor role is obvious seen.