



# National Prostate Cancer GP Referral Guideline

# National Prostate Cancer GP Referral Guideline:

#### Epidemiology

Prostate cancer is the leading cause of cancer in men (excluding Non Melanoma Skin Cancer). Over 3,300 men are diagnosed with prostate cancer in Ireland each year. The cumulative life time risk (to age 75) of prostate cancer diagnosis is 13.34% and accounts for 11.0% of all invasive cancers in Ireland. For prostate cancer, there was a marked increase in five-year survival from 66% to 92% between 1994-1998 and 2009-2013.<sup>1</sup>

#### Aim

The aim of this guideline is to help GPs assess if a man should be referred to one of the NCCP Rapid Access Prostate Clinics (RAPC).

#### The following patient groups are covered in this guideline:

- 1. Men who present with symptoms suspicious of advanced prostate cancer
- 2. Men between 50 and 70 years of age with no symptoms
- 3. Men under 50 years of age with no symptoms
- 4. Men greater than 70 years of age with no symptoms
- 5. Men of any age who present with Lower Urinary Tract Symptoms (LUTS)

#### Specific information on 5α-reductase inhibitors:

- 5α-reductase inhibitors reduce PSA (Prostate Specific Antigen) levels (please refer to manufacturer's instructions)
- A baseline PSA should be carried out 6 months after commencing 5α-reductase inhibitors
- An increase in PSA while on 5α-reductase inhibitors irrespective of absolute PSA values may indicate prostate cancer. Consider referral to a RAPC in patients aged under 70 and to a urologist in patients aged over 70

<sup>1</sup> National Cancer Registry (2016) Cancer in Ireland 1994-2014: Annual Report of the National Cancer Registry Ireland. NCR, Cork, Ireland.

#### **How to Refer**

Patients should be referred electronically to one of the RAPC. Electronic referrals are sent via healthlink (www.healthlink.ie), or by using any of the following Irish College of General Practitioner (ICGP) accredited software systems:

Complete GP
Helix Practice Manager
HealthOne
Socrates

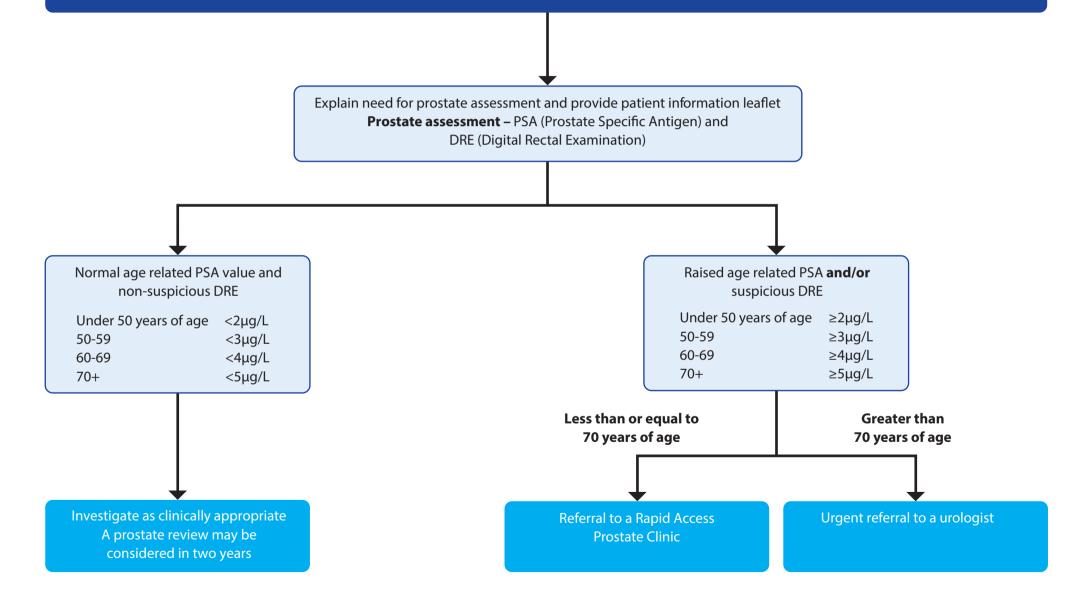
If electronic referral is not possible, a referral can be posted on a NATIONAL RAPID ACCESS PROSTATE CLINIC REFERRAL FORM.

Prostate cancer referral forms can be downloaded at the following web link: http://hse.ie/eng/services/list/5/cancer/profinfo/resources/gpreferrals/

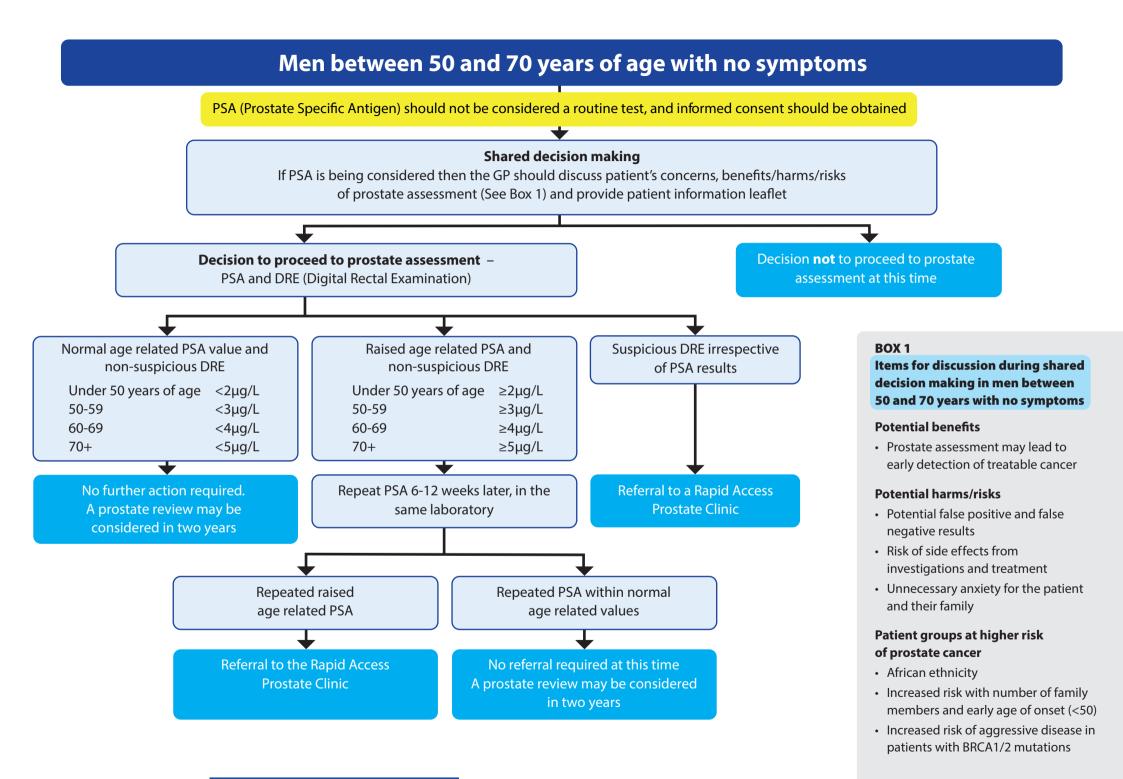
National Rapid Access Prostate Clinics	
Beaumont Hospital, Dublin 9	T: (01) 809 3485
Cork University Hospital	T: (021) 492 2113
University Hospital Galway	T: (091) 542 053
University Hospital Limerick	T: (061) 585 636
Mater Misericordiae University Hospital, Dublin 7	T: (01) 854 5274
St. James' Hospital, Dublin 8	T: (01) 416 2850
St. Vincent's University Hospital, Dublin 4	T: (01) 221 3055
University Hospital Waterford	T: (051) 842 044

### Men who present with symptoms suspicious of advanced prostate cancer

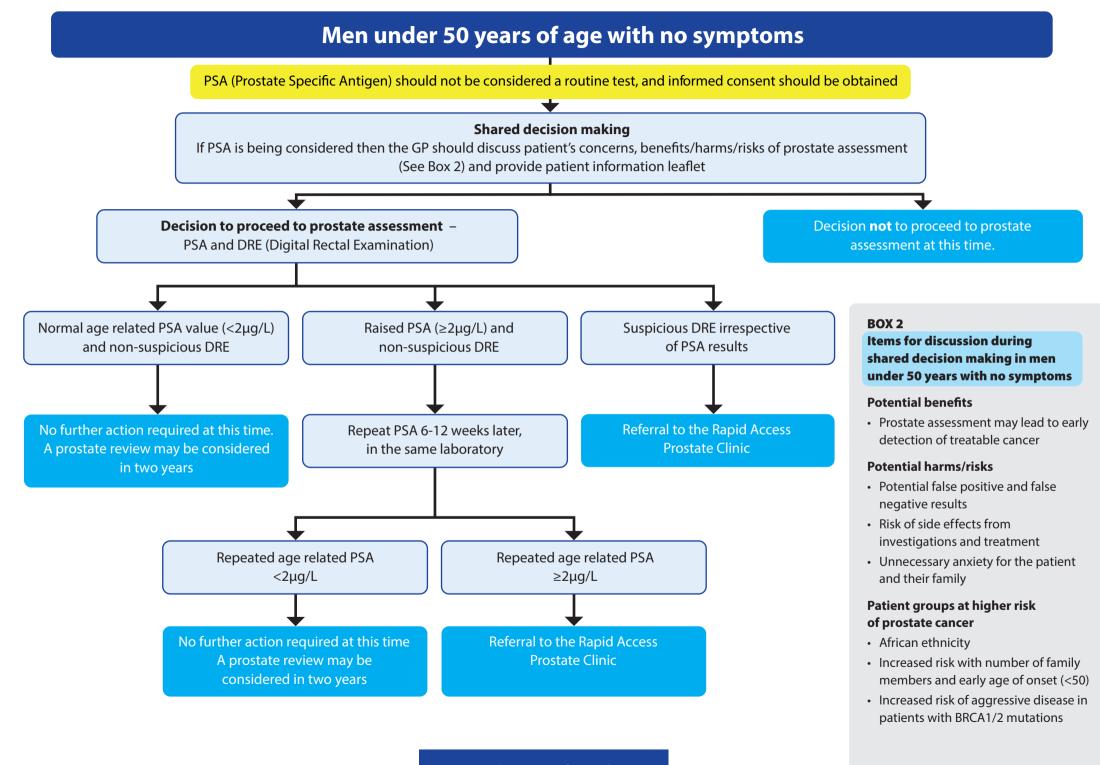
- New onset bone pain at rest,
- Unexplained weight loss,
- Symptoms suggestive of Cauda Equina (should be referred directly to the emergency department)



1. Men who present with symptoms suspicious of advanced prostate cancer



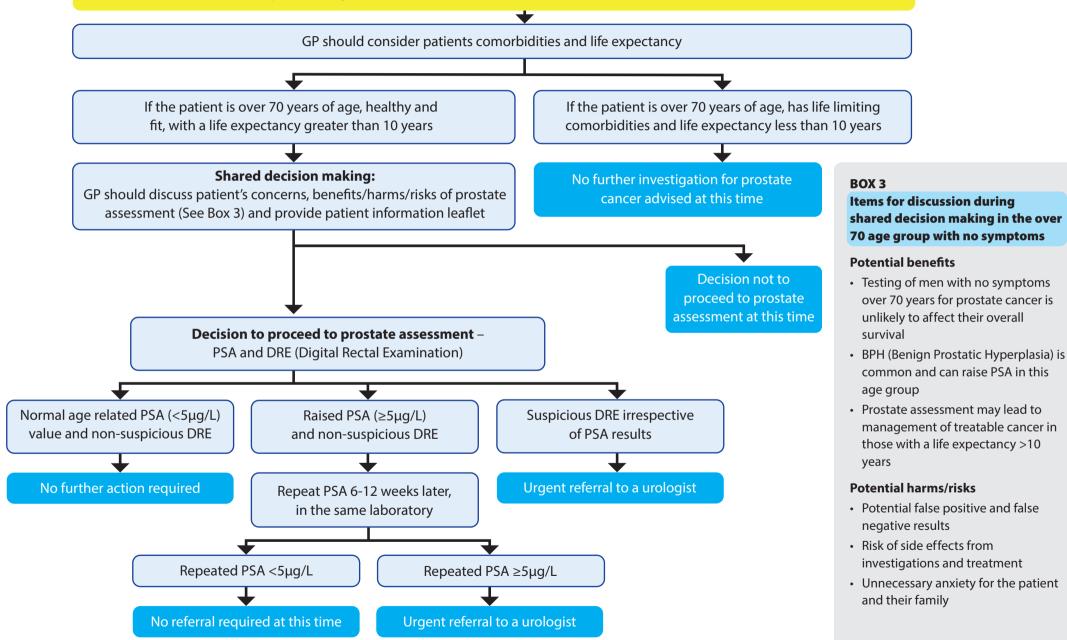
2. Men between 50 and 70 years of age with no symptoms



3. Men under 50 years of age with no symptoms

## Men greater than 70 years of age with no symptoms

PSA (Prostate Specific Antigen) should not be considered a routine test, and informed consent should be obtained



4. Men greater than 70 years of age with no symptoms

#### Men of any age who present with Lower Urinary Tract Symptoms (LUTS) PSA (Prostate Specific Antigen) should not be considered a routine test, and informed consent should be obtained Urinalysis Positive Negative Manage Recommend a standard LUTS evaluation (including International Prostate Symptom Score (IPSS), PSA and DRE (Digital Rectal Examination) appropriately, allow 6 weeks for symptom resolution Normal age related PSA value and Raised age related PSA and Suspicious DRE irrespective non-suspicious DRE non-suspicious DRE of PSA result Under 50 years of age Under 50 years of age $<2\mu q/L$ $\geq 2\mu q/L$ Less than or equal to Greater than 50-59 $<3\mu q/L$ 50-59 ≥3µg/L 70 years of age 70 years of age 60-69 60-69 ≥4µg/L $<4\mu g/L$ 70 + $<5\mu g/L$ 70+ ≥5µg/L **Referral to a Rapid Access** Urgent referral to Treat as Benjan Prostatic Repeat PSA 6-12 weeks later, **Prostate Clinic** a urologist Hyperplasia (BPH) in the same laboratory Repeated age related PSA is Repeated age related PSA is raised within the normal range Less than or equal to Greater than 70 years of age 70 years of age **Treat symptoms Consider repeating PSA Referral to a Rapid Access** Urgent referral to at 6 months to ensure stability **Prostate Clinic** a urologist





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**Disclaimer:** This guideline represents the view of the NCCP, which was arrived at after careful consideration of the evidence available. Health professionals as autonomous practitioners are expected to take it fully into account when exercising their clinical judgement. The guidance does not, however, override the individual responsibility of health professionals to make decisions appropriate to each patient. This guideline will be reviewed as new evidence emerges, and supersedes all previous HSE/NCCP prostate cancer GP referral guidelines.