

Turning data into practice
Grand Hyatt
Athens, Greece

10th edition
GLOBAL CONGRESS ON PROSTATE CANCER
JUBILEE EDITION

18 & 19
October 2022
proasca.org

7th edition
GLOBAL CONGRESS ON BLADDER CANCER

20 & 21
October 2022
bladdr.org

Cancer Patient Empowerment Program: Canadian Randomized Trial and its Global Implementation

Gabriela Ilie, PhD, Endowed Scientist, Associate Professor

Rob Rutledge, Radiation Oncologist, Associate Professor



Conflicts of interest – Dr. Gabriela Ilie

Type of affiliation / financial interest	Name of commercial company
Receipt of grants/research supports	N/A
Receipt of honoraria or consultation fees	No
Stock shareholder	No

Conflicts of interest – Dr. Rob Rutledge

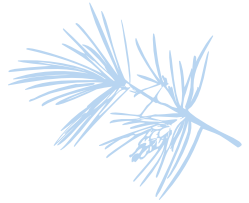
Type of affiliation / financial interest	Name of commercial company
Advisory Board Work	Abbvie, Ferring, Knight, Tersera, Tolmar, Verity
Receipt of honoraria or consultation fees	No
Stock shareholder	No



Benefits to You / Your Team

- Your patients access a comprehensive 6-month home-based empowerment program
 - PCPEP and CancerPEP
- Convenient and quick accrual
- Collect your PROMs at baseline, and 6, 12 and 24 months
 - Creates QA and research databases

AGENDA



- **Background**
- **Prostate Cancer Patient Empowerment Program Video**
- **PCPEP RCT results**
- **Phase 4 expansion**
- **CancerPEP trial for all cancers**
- **Invitation to join us**



Dr. Gabriela Ilie

- Since 2016 published over 49 manuscripts
- 2-3 times risk of mental distress in PCa survivors compared with men without PCa, or male survivors of any other type of cancer
- Developed the Prostate Cancer Patient Empowerment Program - PCPEP



On-line Survey of 478 Maritime PC Survivors

- Demographics (age, education, employment, marital status, income)
- Cancer specific variables (PSA, Gleason, stage, treatment...)
- Comorbidities
- Partner's health, sexual activity
- Quality of partner relationship
- Social, emotional, functional, spiritual well being (FACT-G; FACT-Sp)
- Mental Health (K10); Quality of Life (SF-12)
- Urinary, bowel, sexual function (IPSS, UCLA, EPIC-CP)
- Personality, life satisfaction, illness perception, treatment regret
- Others

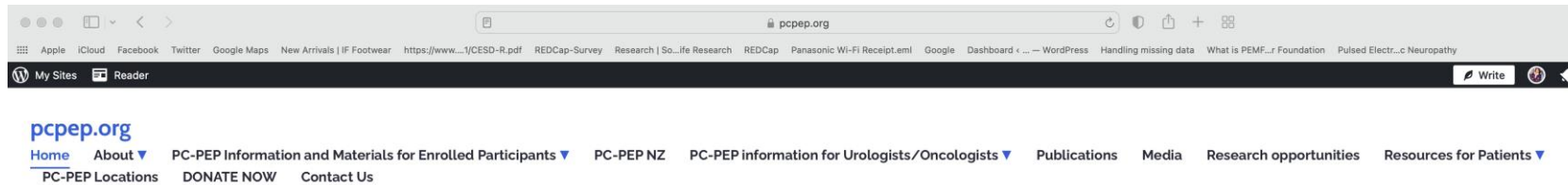




Global Congress on
PROSTATE CANCER



Website: pcpep.org



Prostate Cancer Patient
EMPOWERMENT PROGRAM



PC-PEP is a 6-month home-based comprehensive health-promotion program for men with a diagnosis of Prostate Cancer.

PROSCA 2022



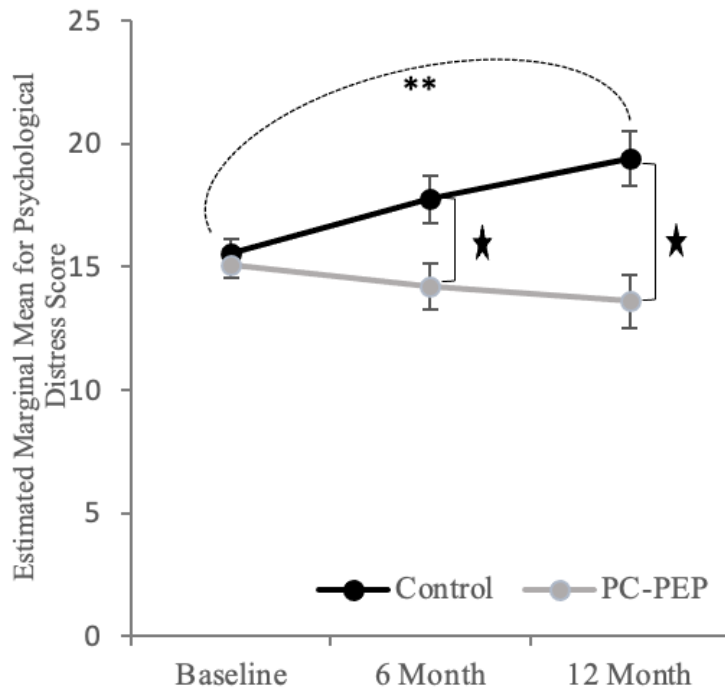
PCPEP.org



PROSCA 2022

RCT: PCPEP vs waitlist-control at 6 and 12 months follow-up (European Urology, 2022, under review)

Nonspecific Psychological Distress Scale-K10
The Effect of Condition and Time on Psychological Distress



CLINICAL RELEVANCE

- At 6 months: the odds were 3.59 times (95% CI:1.12-11.51) higher for screening positive for psychological distress in need of treatment for men in the control group compared to those who received the PC-PEP intervention at 6 months
- Marginal clinical significance between the two groups at 12 months (OR=2.57, 95% CI: 0.98-6.77, p=0.056)

* p<0.05; ** p < 0.01



PC-PEP Phase 4 Implementation Trial

- Expanded eligibility: Prostate cancer diagnosis with expected 2-year survival and safety to exercise
 - Active Surveillance right up to early metastatic disease
- Comprehensive QOL survey at baseline, 6, 12 and 24 months
- Cheap! Free to men. Cost is about \$150 USD per patient
 - 1.5 hours of research coordinators time, some equipment costs
 - Likely saves money in the medical system
- Research question: which men benefit most and least from PCPEP?
 - Is the program safe and feasible? (so far, yes! in n=125 men)



PC-PEP Phase 4 Implementation Trial

- Please join our phase 4 trial!!
- Benefits to you / your team
 - Patients combine PCPEP with local resources
 - Create research data base of PROMs for QA and research
 - Join an international research collaboration
- We will help
 - Regulatory, ethics and logistical set up
 - Cover costs of first 10-20 patients
- Option to refer patients to PCPEP.org off trial



Outreach and expansion



- Canadian Expansion – 8 of 10 provinces so far
 - *French Translation – ongoing (2022)*
- International expansion:
 - New Zealand (PCFNZ)
 - Australia – 2023
 - Romania - 2023
 - Your country - when?
- CancerPEP – for all types of cancer opening in December 2022
 - Bladder, Kidney +

MEET SOME OF OUR TEAM



Peter Dickens, PCFNZ
PC-PEP NZ Lead



Gabriela Ilie
PC-PEP Program Lead



Dr. Rob Rutledge
PC-PEP Clinical Lead



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Isabel Delaney
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MEET SOME OF OUR TEAM



Dr. Ricardo Rendon
Co-Investigator



Dr. Ross Mason
Co-Investigator



Dr. Greg Bailey
Co-Investigator



Dr. David Bowes
Co-Investigator



Dr. Kucharczyk Michael
Co-Investigator



Dr. Nikhilesh Patil
Co-Investigator



Liette Connor, RN and Emmi Champion, RN



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Site PI, Ottawa



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THANK YOU TO THE AMAZING RESEARCH TEAM

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Urology Clinicians and Nurses, Radiation Oncology clinicians

Dr. Rob Rutledge (Clinical Lead), Dr. Ross Mason, Dr. Ricardo Rendon, Dr. David Bowes

Dr. Greg Bailey (Co-Investigator), Dr. Nick Patil, Dr. David Bell (Co-Investigator), Dr. Mike Kucharczyk, Dr. Derik Wilke, Hannah Dahn

NSHA & Cancer Care Nova Scotia Leads and Administration

Dr. Helmut Hollenhorst (Medical Director Cancer Program), Marianne Arab, Leslie Hill

Soillse PCa QoL Research Staff: Cody MacDonald (Research Project Coordinator), Lia Massoeurs (Research Assistant); Nada Houssain (Research Assistant),

Community Health and Epidemiology: George Kephart, PhD (Co-Investigator) , Susan Kirkland, PhD (Co-Investigator), Jeff Zahavich, PhD (Kinesiology)



A photograph of a group of people, likely golfers, standing in a circle on a golf course. They are dressed in casual attire, including jackets, hats, and collared shirts. The background shows a grassy field and some trees. The image is slightly blurred, focusing on the people in the foreground.

THANK YOU

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