

# Optimal Care – Available resources to support diagnosis and mgt of Prostate CA



## Screening

- Algorithm – [Recommendations for stopping cancer screening for older adults](#)
- Shared decision-making materials to support discussion on whether to get a PSA test



## Management

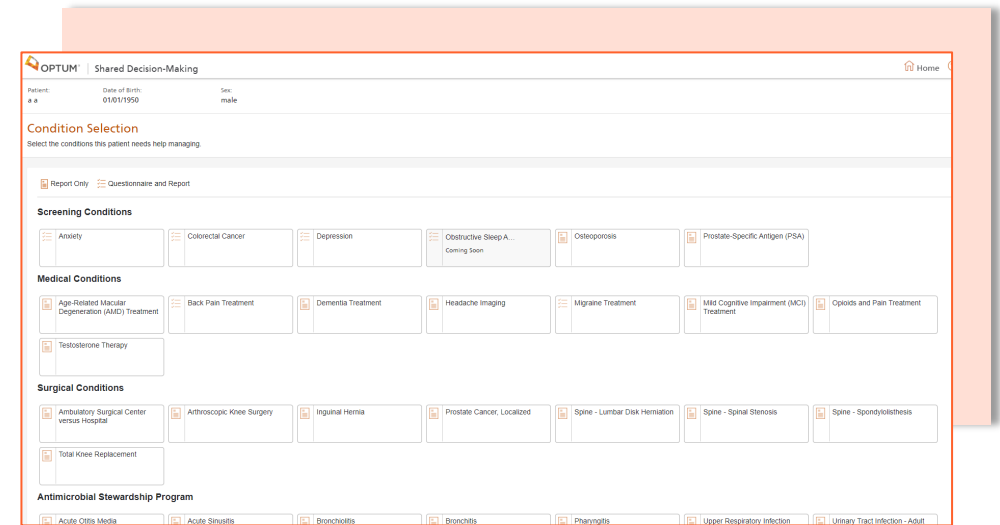
- Algorithm – [Clinically-localized prostate CA](#)
- Shared decision-making materials to support management decisions in newly diagnosed prostate CA
  - New multimedia interactive module scheduled for launch soon (see next slide)



## Education

- [Clinician education Specialty modules](#) – **Select Urology**
- [Clinician handout – Optimal Care for Urology](#)
- [Clinician measure brief – PSA age over 69](#)
- [Patient and family guide – prostate specific antigen test](#)

For access to the SDM app or more info, contact [OptimalCare@optum.com](mailto:OptimalCare@optum.com)



## Forum for Evidence-Based Medicine bi-monthly newsletter

- [May 2018](#) - USPTF recommendation for prostate cancer screening update
- [July 2019](#) - Active surveillance of prostate cancer in younger men
- [March 2021](#) - Active surveillance of papillary thyroid cancer (contains materials relevant to prostate CA)
- [November 2022](#) - 5 alpha-reductase inhibitors and prostate cancer mortality
- [September 2020](#) - Comparative treatment options for intermediate-risk prostate cancer (IRPC)

# Optimal Care Initiative PROCIAS: Increasing Rates of Active Surveillance (AS)

Only 60% of US patients that qualify for AS choose AS; regional variation in the US is high. The US lags other countries, such as Australia and Sweden where >90% of low-risk prostate cancer patients choose AS.



## Screening

Minimize >69 years PSA screening for asymptomatic average-risk men to avoid unnecessary procedures



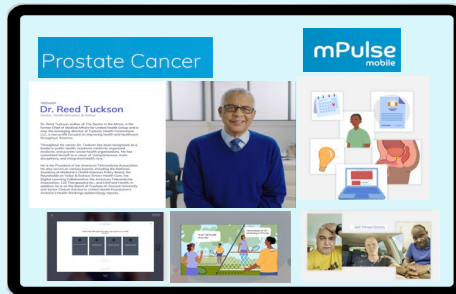
## Management

Increase Awareness of AS for low-risk (GS 6/GG1) patients



## Referral to High-Value Specialists

Increase rates of active surveillance for low-risk (GS6/GG1) patients. EMR-embedded guidance to identify high-value urologists.



**Prostate Watch Academy.** Patient-centered shared decision-making interactive tool for patients to learn about evidence-based, guideline concordant care and options for prostate cancer screening and AS for low-risk prostate cancer. For patients referred to a urologist for an elevated PSA, the tool will be offered *prior* to the appointment with the specialist.

*\*Launch late Spring. More information to come.*

# 2023 Grand Rounds Topics and Timing

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- *Unlocking patient-reported outcomes to advance quality, experience and decision-making*
- *Active surveillance and management of prostate cancer*
- **Patient-engagement tools: Palliative care in primary care**
- **Pillars of kidney and cardiovascular protective interventions in CKD**
- **Optimal use of pharmacotherapy and bariatric surgery in the management of DM2 and obesity**
- **Cancer screening overview of benefits and harms of over and under screening**

Every other month starting January, specific dates TBD

**Time:** 6pm and 8pm Eastern

**Registration links for live and on-demand:**

<https://www.optumhealtheducation.com/optimal-care-grand-rounds>

**Mailing list sign-up:** <https://www.optumhealtheducation.com/optimal-care-grand-rounds-mailing-list>