

NATIONAL CLINICAL GUIDELINE FOR
THE REHABILITATION OF PATIENTS
WITH PROSTATE CANCER

2016

NATIONAL CLINICAL GUIDELINE FOR THE REHABILITATION OF PATIENTS WITH PROSTATE CANCER

Quick guide

Exercise	
↑	Consider offering moderate to intensive supervised exercise to patients starting on castration-based therapy (⊕○○○).
↑	Consider offering moderate to intensive supervised exercise to patients on castration-based therapy who have been on this therapy for 6 months (⊕⊕○○).
↑	Consider offering supervised pelvic floor muscle training, rather than hand-out of instructions or no pelvic floor muscle training, to men who suffer from incontinence following prostatectomy for prostate cancer (⊕○○○).
Sexological counselling	
↑	Consider offering sexological counselling to prostatectomised men (⊕○○○).
√	It is good practice to consider whether to offer sexological counselling to other patients with prostate cancer.
Follow-up examinations	
√	It is good practice to consider whether to offer regular examination for cardiovascular risk factors to patients with prostate cancer on castration therapy.
↑	Consider offering bone mineral density testing to patients with prostate cancer starting on castration-based therapy (⊕○○○).
√	It is good practice to assess all patients with prostate cancer for depression on a regular basis.
Rehabilitation format	
√	It is good practice to consider whether to offer either individual or group-based rehabilitation to patients with prostate cancer.

About the quick guide

This quick guide contains the key recommendations from the national clinical guideline for the rehabilitation of patients with prostate cancer. The guideline was prepared by the DHA.

The national clinical guideline focuses on patients with prostate cancer who, based on a professional assessment, should be offered rehabilitation in connection with recent onset prostate cancer or relapse of previous prostate cancer and treatment thereof.

Thus, the guideline contains recommendations for selected parts of the field only and therefore must be seen alongside the other guidelines, process descriptions etc. in this field.

The recommendations are preceded by the following indications of their strength:

- ↑↑ = a strong recommendation for
- ↓↓ = a strong recommendation against
- ↑ = a weak/conditional recommendation for
- ↓ = a weak/conditional recommendation against

The symbol (√) stands for good practice. This symbol is used in case of lack of evidence, when the working group wants to emphasise particular aspects of the established clinical practice.

The recommendations are followed by the following symbols which indicate the strength of the underlying evidence – from high to very low:

- (⊕⊕⊕⊕) = high
- (⊕⊕⊕○) = moderate
- (⊕⊕○○) = low
- (⊕○○○) = very low

In case of lack of evidence, a recommendation is not followed by a symbol. This applies to the good practice recommendations.

Further information at sundhedsstyrelsen.dk

At sundhedsstyrelsen.dk, a full-length version of the national clinical guideline is available, including a detailed review of the underlying evidence for the recommendations.

About the national clinical guidelines

The national clinical guideline is one of the 50 national clinical guidelines (NCGs) to be prepared by the DHA during the period 2013-2016.

Further information about the choice of subjects, method and process is available at sundhedsstyrelsen.dk.
