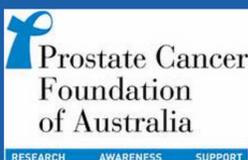




# Power to the People Transperineal Grid Biopsy



## Gay Corbett - Prostate Cancer Specialist Nurse Ballarat Health Services

### Introduction

Regardless of the efforts to provide comprehensive health care services and reduce inequalities, rural and regional areas face significant challenges in achieving comprehensive health care delivery. <sup>1</sup>

The use of diagnostic and treatment services among men living in rural areas of Australia with prostate cancer remains lower than men living in the cities. <sup>2</sup>

A TRUS-biopsy which is a diagnostic test for prostate cancer reveals sepsis and antibiotic resistance is on the rise from this procedure, an alternative to this practice is the use of transperineal biopsy with its reduced sepsis rates. <sup>3</sup>

### Aim

- To decrease pain and sepsis associated with a prostate biopsy. <sup>4</sup>
- To increase the detection rate of prostate cancer in the anterior zone. <sup>4</sup>
- To offer a free transperineal biopsy service at Ballarat Health Services (BHS) to men within the Grampians region
- To involve the Urologists from BHS in the project
- To raise funds through a community awareness campaign within the Ballarat and Grampians region
- To use the opportunities presented to the Prostate Cancer Specialist Nurse (PCSN) by engaging community support and ownership to assist with the purchase of a Transperineal grid biopsy machine
- To allow three years to raise the money required for the Transperineal machine

### Methods

- Establish personal knowledge of transperineal biopsies
- Engage Head of Urology to liaise with BHS for co payment of machine
- Engage the support of the Ballarat Prostate Cancer Support Group
- Target existing community forums scheduled for PCSN
- Seek out community groups to assist with fundraising
- Discuss benefits of new biopsy method highlighting decrease in infection risks and reduced pain, at community forums
- Guarantee 100% of monies raised will be utilized on the biopsy machine
- Engage experts – Urologists, PCSN at community forums
- Outline the exact cost and indicate the money needed to ensure the biopsy machine is purchased
- Utilise high profile people to assist with the cause
- Organise a Prostate Cancer fundraising night

### Results

Competition for the health dollar in the current economic landscape is high and this can limit the resources allocated to regional and rural areas. Often access to new technologies and treatment impact on rural/regional people requiring hours of travel, increased costs and loss of work days.

A re-emerging procedure for the diagnosis of prostate cancer is a transperineal biopsy with its added benefits of reducing sepsis and pain whilst increasing the rate of detection. <sup>4</sup> Barriers to utilising a transperineal biopsy included training, anaesthesia, time and financial constraints. <sup>5</sup> The logistics were left to the Urologists to organise and the PCSN embraced the financial considerations.

Community participation in rural health development has been seen to result in more accessible, relevant and acceptable services. <sup>6</sup> To engage the community in fundraising to purchase the transperineal machine fostered their engagement, ownership, knowledge and had the added value of increasing the public's health literacy surrounding prostate cancer.

At the Ballarat Prostate Cancer Support Group meeting, which was attended by a spokesman from the Male Bag Foundation a collaboration was formed to work together to create funds for the biopsy machine. The Male Bag Foundation's aim is to 'promote awareness of, research into and support for prostate cancer,' and this project at Ballarat Health Services fed into their objective. <sup>7</sup> A ride around Western and Northern Victoria on postie bikes by a dedicated team allowed \$60,000 to be donated towards the biopsy machine.

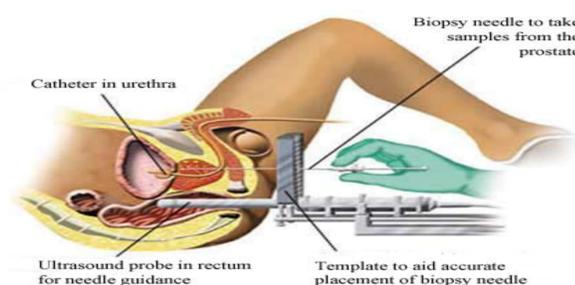
This gave the project momentum and BHS confirmed their contribution of \$100,000. Community awareness was ramped up with a Prostate Cancer fundraiser being organised. This was well supported by local business's including Blue Pyrenees and community members. Support was given by some high profile identities including Sam Newman, David Parkin, Roland Rocchiccioli, Darren Weir, Georgi Coghlan, Des Hudson, Merv Keane and Barry Rowling. The money raised from this event was \$30,000.

In February 2016 a launch of the Transperineal biopsy machine was held in the Ballarat and Regional Integrated Cancer Centre. The media were present along with the Male Bag Foundation, BHS CEO, Ballarat Prostate Cancer Support Group and members of the community.

The transition of the service was made easier by the knowledge of the Urology registrar who had been performing these biopsies at his previous place of employment. Competition for theatre time can present a few issues at times and with the increase in demand it has been necessary to purchase 3 probes in total to allow for cleaning and reuse at \$35,000 per probe.



Members of the Male Bag Foundation & Ballarat Prostate Cancer Support Group with the Transperineal machine



<http://www.auanet.org/adnews/hpbrief/view.cfm?i=1088&a=2618>

### Conclusions

The transperineal biopsy machine was purchased after 18 months of fundraising. The Male Bag Foundation contributed \$60,000. BHS provided \$100,000 and the Ballarat and Grampians community contributed \$45,000.

Transperineal biopsies commenced in mid February 2016 and to date 120 biopsies have been performed, 97 public and 23 private at BHS. Diagnosing prostate cancer at BHS has been transformed from TRUS-biopsies to transperineal biopsies, changing the prostate cancer diagnosis landscape for men within the Grampians region.

Success for this project can be attributed to the local community validating free gold standard diagnostic testing for men suspected of prostate cancer. Power to the people!

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