

## N. Ireland Cancer Registry Implications of Research for Services

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<b>Paper Title</b>	A Qualitative Exploration of Prostate Cancer Survivors Experiencing Psychological Distress: Loss of Self, Function, Connection, and Control
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<b>Full paper available online</b>	YES <input checked="" type="checkbox"/> NO <input type="checkbox"/> NOT YET <input type="checkbox"/>
<b>Conclusion</b>	<p>This paper used semi-structured telephone interviews with thematic analysis using a Framework approach used. It found that men with psychological distress had strong perceptions of 'loss' towards a) self (identity, sexuality/masculinity, self-confidence), b) function (physical, activities), c) connection (relational, social, community) and d) control (future, emotional). Psychological vulnerability appeared heightened in particular groups of men. Maladaptive strategies of emotional concealment, help-seeking avoidance and withdrawal appeared to contribute to distress.</p> <p>Implications - Distress in men with prostate cancer is multifaceted. Men with distress should be identified and offered support. Nursing and/or peer-led interventions are required.</p>
<b>What this means for the service</b>	<ol style="list-style-type: none"> <li>1. A significant minority of men with prostate cancer report distress 18-42 months following diagnosis. Screening tools for psychological difficulties may help identify men in need of further support.</li> <li>2. Pre-existing and treatment related factors, as well as maladaptive coping strategies influencing distress. Greater support with restoring self-identity and confidence is needed.</li> <li>3. Nurse-led patient education and information on managing psychological and physical concerns, as well as sign-posting</li> </ol>

	to peer support, community or online support groups is recommended.
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