

Appendix 1 – further resources for clinicians and patients

1a – LUTS

Further Reading

- Hollingsworth JM, Wilt TJ Lower urinary tract symptoms in men BMJ 2014;349:g4474 doi: 10.1136/bmj.g4474
- NICE – Clinical Guideline 97 (2010) The management of lower urinary tract symptoms in men <https://www.nice.org.uk/guidance/cg97>
- European Association of Urology (2015) Guidelines of the Management of Non-neurogenic Male Lower Urinary Tract Symptoms <http://uroweb.org/guideline/treatment-of-non-neurogenic-male-luts/>

Patient Resources

- Shared Decision Making Tool for LUTS <http://sdm.rightcare.nhs.uk/pda/lower-urinary-tract-symptoms/>
- Example of a Frequency Volume Chart <http://www.bladdermatters.co.uk/downloads/85923fchart.pdf>
- IPSS Form <http://www.urospec.com/uro/Forms/ipss.pdf>

1b- Prostate Cancer

Further Reading

- NICE Clinical Guideline 175 Prostate Cancer (2014) <https://www.nice.org.uk/guidance/cg175/evidence/prostate-cancer-full-guideline-191710765>
- PSA variables: PSA density, PSA doubling time, free to total PSA ratio, Prostate Health Index European Association of Urology (2015) Guidelines on Prostate Cancer http://uroweb.org/wp-content/uploads/09-Prostate-Cancer_LR.pdf
click on above link then navigate to page 21

Patient Resources

- PSA Testing Patient Information Leaflet <http://www.cancerscreening.nhs.uk/prostate/prostate-patient-info-sheet.pdf>
- Shared Decision Making Tool : Prostate Cancer <http://sdm.rightcare.nhs.uk/pda/prostate-cancer>
- Prostate Cancer UK <http://www.prostatecanceruk.org>

1c – Prostatitis/CP/CPSP

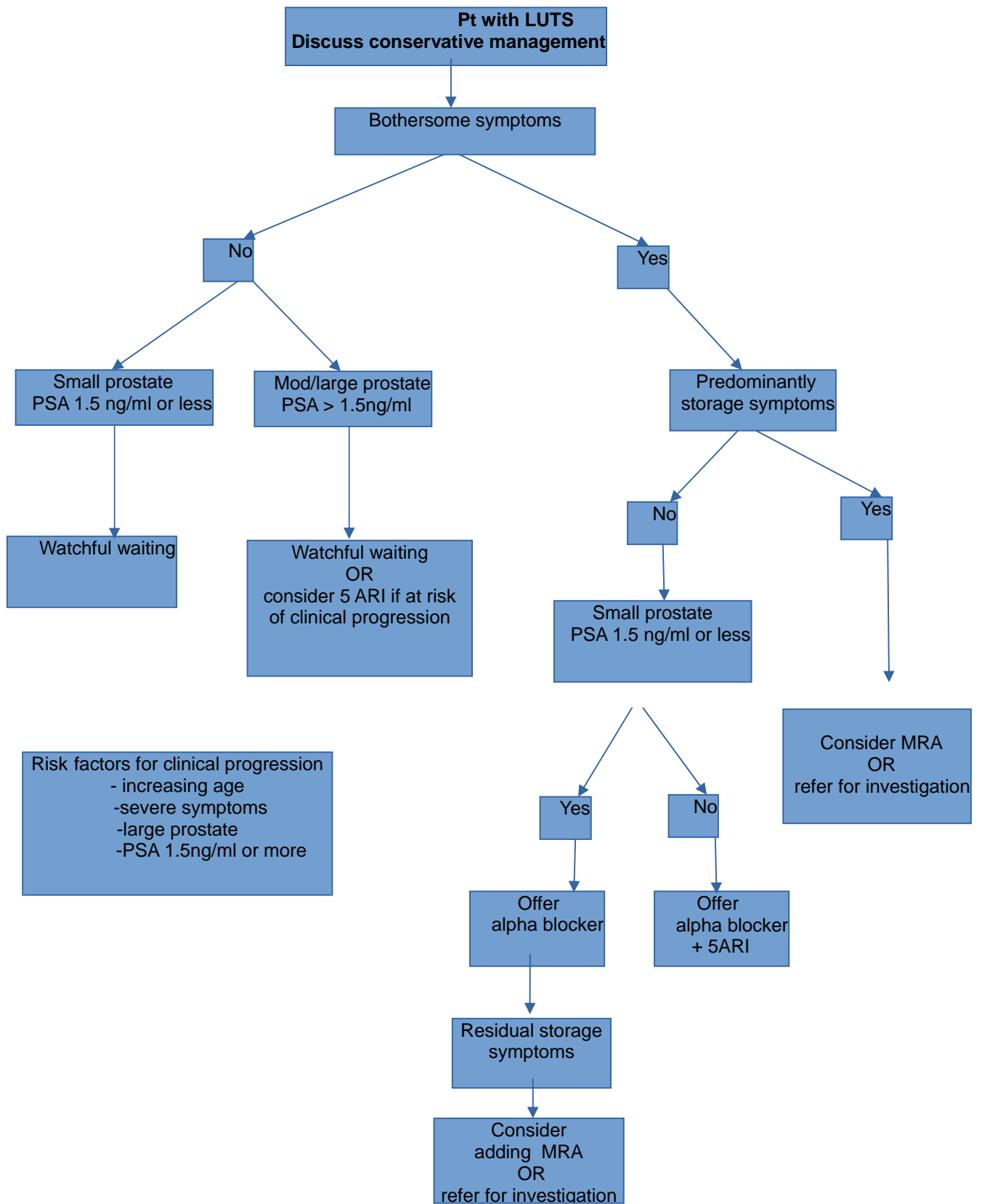
Further Reading

- Rees J, Abrahams M, Doble A et al. Diagnosis and treatment of chronic bacterial prostatitis and chronic prostatitis/chronic pelvic pain syndrome: a consensus guideline BJU Int 2015;116:509-525 <http://onlinelibrary.wiley.com/doi/10.1111/bju.13101/epdf>
- European Association of Urology (2015) Guidelines on Chronic Pelvic Pain http://uroweb.org/wp-content/uploads/25-Chronic-Pelvic-Pain_LR_full.pdf

Patient Resources

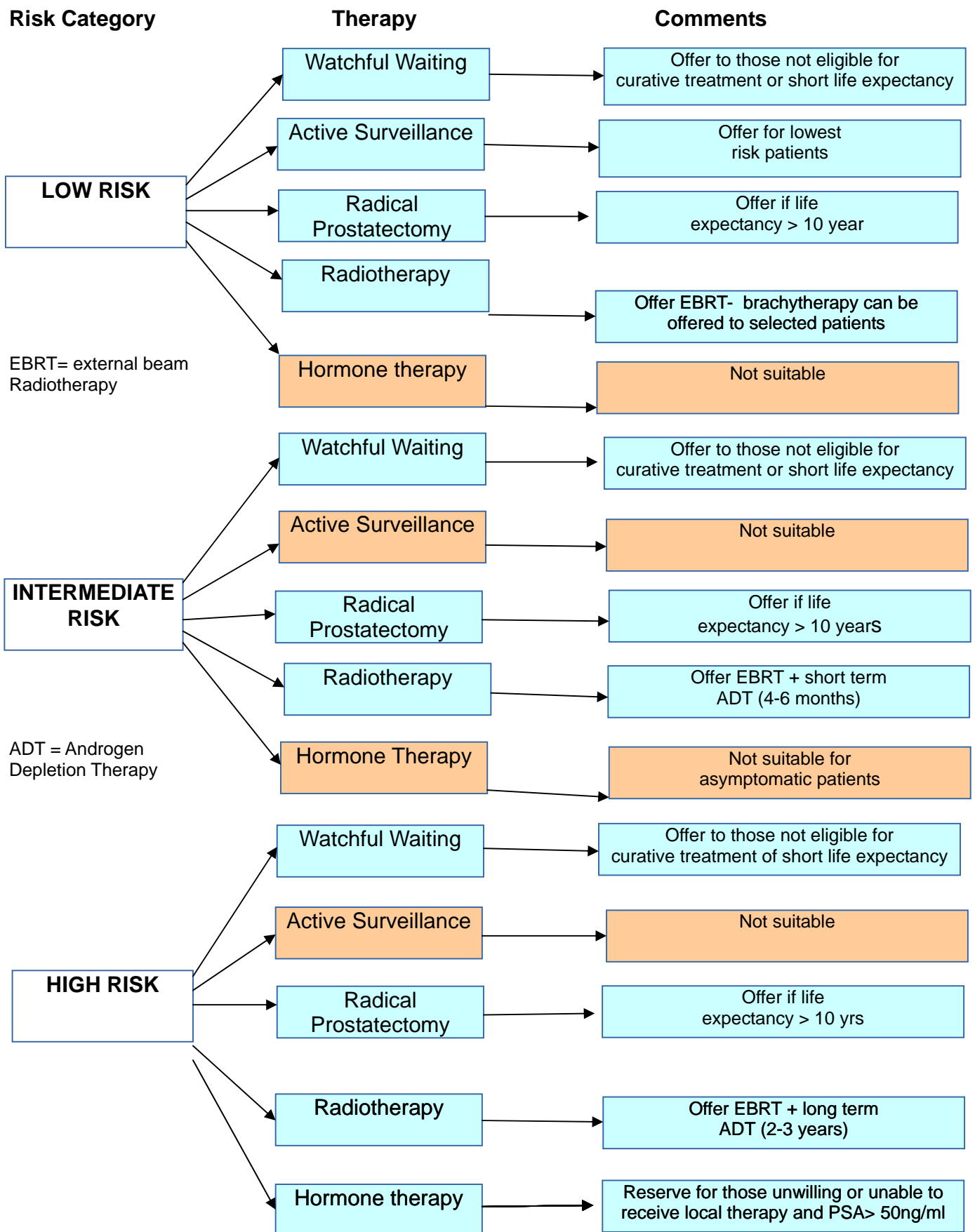
- National Institute for Health- Chronic Prostatitis Symptom Index <http://www.upointmd.com/NIHCPSIEnglish.pdf>
- Patient Information on prostatitis <http://prostatecanceruk.org/prostate-information/other-prostate-problems/prostatitis>

Appendix 2 a Basic drug treatment algorithm in Primary Care (adapted from Gavas)



(5ARI = 5 alpha reductase inhibitor , MRA = muscarinic receptor antagonist)

Appendix 2b Treatment algorithm for localised prostate cancer (after Mottet)



Appendix 2c Possible CP/CPSS treatment algorithm (after Nickel)

