

Expanded Prostate Cancer Index Composite-26: Supporting You in Your Care

What is the Expanded Prostate Cancer Index Composite-26 (EPIC-26)?

- The EPIC-26 is a questionnaire for people with prostate cancer.
- It asks about symptoms you may have from prostate cancer or its treatments. These include urinary, bowel, sexual, and hormonal changes.

Why is the EPIC-26 important?

- EPIC-26 helps you share how you are feeling with your care team.
- Your team will use your answers to better understand your symptoms.
- They can then give you helpful information, support, or referrals.
- You and your care team will work together to make a plan that fits your needs.

What can I expect when completing the EPIC-26 questionnaire?

- You will be offered to fill it out before or during appointments with the Radiation Oncology team.
- It only takes a few minutes.
- You may receive it online or on paper.

If you use the Patient Engagement Application (PEA):

- The EPIC 26 will be sent to you two days before your appointment.
 - › To sign up for the PEA, talk to your care team or call 1 866 599 2267 (option 4) and leave a message.
- Please complete the questionnaire before your visit.

If you do not use the PEA:

- You will receive a paper copy.
- Please fill it out 1-2 days before your appointment and bring it with you to show your nurse or doctor.
- If the appointment is by phone, your nurse or doctor will ask you about your answers during the call.

After you complete it:

- A member of your care team will review your answers with you.
- Together you will decide what to do next. This may include:
 - › Information to help you manage symptoms or cope with cancer (such as a pamphlet or video).
 - › A referral to a specialist or support service.

Where can I find more information about the Patient Engagement Application?

You can find more information about the Patient Engagement Application here:

<https://www.nshealth.ca/cancer/support-cancer-patients/patient-engagement-app>

Patient and family feedback is very important to us.

We would like to invite you to send any comments or suggestions on how to improve this booklet to education.cancercare@nshealth.ca or feel free to call us at 1-866-599-2267.

Prepared by: Nova Scotia Health Cancer Care Program

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This pamphlet is for educational purposes only.

It is not intended to replace the advice or professional judgment of a health care provider.

If you have any questions, please ask your health care provider.