



Body System: Men's Health		
Session Topic: Prostate Diseases Update		
Educational Format		Faculty Expertise Required
REQUIRED	Interactive Lecture	Expertise in the field of study. Experience teaching in the field of study is desired. Preferred experience with audience response systems (ARS). Utilizing polling questions and engaging the learners in Q&A during the final 15 minutes of the session are required.
OPTIONAL	Problem-Based Learning (PBL)	Expertise teaching highly interactive, small group learning environments. Case-based, with experience developing and teaching case scenarios for simulation labs preferred. Other workshop-oriented designs may be accommodated. A typical PBL room is set for 50-100 participants, with 7-8 each per round table. <u>Please describe your interest and plan for teaching a PBL on your proposal form.</u>
Professional Practice Gap	Learning Objective(s) that will close the gap and meet the need	Outcome Being Measured
<ul style="list-style-type: none"> • New pharmacotherapies and technologies continue to evolve, impacting treatment algorithms in AUA guidelines on the management of BPH. • Physicians have knowledge gaps with regard to BPH screening, clinical history, and examination findings for diagnosis. • Differential diagnosis among prostate diseases is complicated. • Physicians have knowledge gaps with regard to BPH pharmacologic treatment. • Physicians have knowledge gaps with regard to BPH coordination of care with other health care providers. • Patients often have poor adherence to BPH pharmacotherapy. • There are differences between BPH clinical practice guidelines. 	<ol style="list-style-type: none"> 1. Perform a differential diagnosis to distinguish between prostatitis, BPH, and other urologic conditions in male patients. 2. Use current evidence-based recommendations to determine appropriate pharmacologic, surgical, CAM, or watchful waiting treatment strategy. 3. Develop collaborative care plans with patients, emphasizing adherence to prescribed pharmacotherapies. 4. Coordinate referral and follow-up care with other specialists (e.g. urologist, surgical) when red flags identified during diagnosis and evaluation indicate necessity. 5. Counsel patients, using shared decision-making resources, regarding the risks and benefits of prostate cancer screening. 	Learners will submit written commitment to change statements on the session evaluation, indicating how they plan to implement presented practice recommendations.



<ul style="list-style-type: none"> • New grade group system for risk stratification of prostate cancer. • New guidelines for active surveillance for patients with low risk, localized prostate cancer. • Physicians are not knowledgeable or are not confident in their use of validated screening tools and guidelines to assess men’s risk for and manage prostate cancer. • Prescreening discussions are under-utilized for prostate cancer due to perceived controversy over their usefulness in reducing mortality. • Patients diagnosed with localized prostate cancer frequently do not understand the risks and benefits of treatment options. 		
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ACGME Core Competencies Addressed (select all that apply)

X	Medical Knowledge		Patient Care
X	Interpersonal and Communication Skills		Practice-Based Learning and Improvement
	Professionalism		Systems-Based Practice

Faculty Instructional Goals

Faculty play a vital role in assisting the AAFP to achieve its mission by providing high-quality, innovative education for physicians, residents and medical students that will encompass the art, science, evidence and socio-economics of family medicine and to support the pursuit of lifelong learning. By achieving the instructional goals provided, faculty will facilitate the application of new knowledge and skills gained by learners to practice, so that they may optimize care provided to their patients.

- Provide up to 3 evidence-based recommended practice changes that can be immediately implemented, at the conclusion of the session; including SORT taxonomy & reference citations
- Facilitate learner engagement during the session
- Address related practice barriers to foster optimal patient management
- Provide recommended journal resources and tools, during the session, from the American Family Physician (AFP), Family Practice Management (FPM), and Familydoctor.org patient resources; those listed in the References section below are a good place to start



- Visit <http://www.aafp.org/journals> for additional resources
- Visit <http://familydoctor.org> for patient education and resources
- Provide updates on new treatment therapies, changes to therapies, or warnings associated with existing therapies. Provide recommendations regarding new FDA approved medications; including safety, efficacy, tolerance, and cost considerations relative to currently available options. **Include relevant FDA REMS education for any applicable medications.**
- Provide tools, resources, and strategies to foster the implementation of evidence-based prostatitis and BPH guidelines into practice
- Provide specific strategies and resources to coordinate referral and follow-up care with other specialists (e.g. urologist, surgical) when red flags identified during diagnosis and evaluation indicate necessity
- Provide case-based examples illustrating appropriate treatment and management of BPH
- Provide recommendations for incorporating key updates to current clinical practice guidelines.
- Provide strategies and resources for developing collaborative care plans, emphasizing adherence to prescribed pharmacotherapies.
- Provide recommendations regarding guidelines for Medicare reimbursement.
- Provide recommendations to maximize office efficiency and guideline adherence to the diagnosis and management of BPH.
- Provide an overview of newly available treatments, including efficacy, safety, contraindications, and cost/benefit relative to existing treatments.

Needs Assessment

As men age, their risk of prostate diseases increases. This group of diseases comprises prostatitis (inflammation of the prostate), benign prostatic hyperplasia (BPH, or enlarged prostate) and prostate cancer.¹ More than half of all men in their 60s, and the majority of those in their 70s and 80s, experience symptoms of BPH,¹ and it is suggested that about 25 million American men at any time have BPH.² Data from the 2015 National Ambulatory Medical Care Survey indicate that family physicians make a diagnosis of BHP in more than 756,000 office visits annually.³ Estimates of the incidence and prevalence of prostatitis vary widely, in part because of the use of different definitions and in part because of interpatient variations in symptoms. Between 10% and 12% of men, however, are thought to experience prostatitis-like lower urinary tract symptoms (LUTS).⁴ In 2014, about 233,000 American men were diagnosed with prostate cancer, and almost 33,000 died from it.⁵ Approximately one in six men (16.7%) will be diagnosed with prostate cancer during his lifetime, but less than 3% will die from the disease.

Data from a recent American Academy of Family Physicians (AAFP) CME Needs Assessment survey indicate that family physicians have significant gaps in the medical knowledge necessary to optimally manage BPH.⁶ More specifically, CME outcomes data from 2012-2017 AAFP FMX (formerly Assembly): *Benign Prostatic Hyperplasia* sessions suggest that physicians have knowledge and practice gaps with regard to BPH screening, including appropriate use of AUA symptom index; adherence to guidelines regarding the use of PSA testing; evidence-based recommendations for pharmacologic treatment, monitoring and follow-up; and coordination of



care with other healthcare providers involved in the management of patients with BPH.⁷⁻¹¹ More specifically, data from a 2016 AAFP CME Training Session Needs Survey suggests that family physicians have knowledge and practice gaps regarding disease management of BPH and prostate cancer.¹² Physicians may want to consider the International Prostate Symptom Score (IPSS), as it uses the same questions as the AUA symptom score, and adds a disease-specific quality of life question.¹³

CME outcomes data from 2012 and 2015 AAFP FMX (formerly Assembly): *Prostate Cancer* sessions suggest that physicians have knowledge and practice gaps with regard to appropriate PSA screening; educating patients on lifestyle modifications; follow up and monitoring; appropriate use of DEXA for patients on androgen suppression therapy; and having shared decision making conversations with patients about the risks and benefits of PSA screening and results of screening.^{9,11}

A differential diagnosis among prostate diseases is complicated by the fact that this “disease” itself actually comprises several different conditions.¹⁴ Not only is the differential diagnosis complicated by the subclasses of prostatitis; it is also difficult because of the various non-prostate-related conditions that must be ruled out. These include acute cystitis, benign prostatic hyperplasia, urinary tract stones, bladder cancer, prostatic abscess, enterovesical fistula, and foreign body within the urinary tract, and diseases that can cause LUTS, such as diabetes and Parkinson’s disease.¹⁴⁻¹⁶ Another factor affecting differential diagnosis is that the three prostate conditions share several common symptoms, including trouble passing urine and/or a weak stream or small amount of passed urine despite strong and frequent urges to urinate.

Additionally, prostatitis and prostate cancer can both cause painful urination and/or painful ejaculation.¹ Moreover, although the three prostate conditions have not been proven to be mutually causative, an association was observed in the California Men’s Health Study between prolonged prostatitis symptoms and an increased risk of prostate cancer.¹⁷ Some studies suggest that primary care physicians are not familiar with the National Institutes of Health (NIH) classification scheme for chronic prostatitis/chronic pelvic pain syndrome (CP/CPPS).¹⁸ Family physicians should follow evidence-based recommendations and guidelines for the diagnosis and treatment of prostatitis.

BPH is a common condition affecting older men, and typically presents with symptoms such as urinary hesitancy, weak stream, nocturia, incontinence, and recurrent urinary tract infections.¹⁹ Family physicians should be knowledgeable of the American Urological Association Symptom Index²⁰ for the objective assessment of symptom severity. There are a number of surgical and pharmacologic treatment options, and some limited evidence that some complementary and alternative (CAM) therapies may also relieve some symptoms.¹⁹ Family physicians should follow evidence-based recommendations and guidelines for the diagnosis and management of BPH. As watchful waiting is recommended in men who have mild symptoms, physicians should be prepared to monitor these patients annually for symptom progression.¹⁹

Experts in urology believe that family physicians should be able to diagnose and treat simple cases of BPH. In addition, family physicians should know when it is appropriate to refer patients to urologists or oncologists.²¹ There exist differences, however, in the way urologists and



primary care physicians approach the evaluation and management of LUTS due to BPH, which is not reflected in Canadian Urological Association (CUA) and AUA guidelines; therefore, a "shared care" approach involving urologists and primary care physicians represents a reasonable and viable model for the care of men suffering from LUTS.^{15,16} Primary care physicians need to be aware of all possibilities when a patient presents with LUTS, utilize the appropriate diagnostic tools and assess their results accurately. Men with hematuria should be evaluated for bladder cancer, and men with a palpable nodule or induration of the prostate requires referral for assessment to rule out prostate cancer.¹⁹ While non-modifiable risk factors (e.g. age, genetics, geography) play important roles in the etiology of BPH, recent data have revealed modifiable risk factors that present new opportunities for treatment and prevention, including sex steroid hormones, the metabolic syndrome and cardiovascular disease, obesity, diabetes, diet, physical activity and inflammation.²²

Physicians may improve their care of patients with prostate disorders by engaging in continuing medical education that provides practical integration of current evidence-based guidelines and recommendations into their standards of care, including, but not limited to the following:^{19,23-26}

BPH

- Physicians should obtain a history and perform a physical examination, including digital rectal examination and assessment for bladder distention and neurologic impairment, to rule out causes of lower urinary tract symptoms independent of BPH.
- Recommended tests for men with symptoms of BPH include serum prostate-specific antigen and urinalysis.
- Alpha blockers are effective first-line treatments for patients with bothersome, moderate to severe BPH symptoms.
- The addition of a 5-alpha reductase inhibitor is effective in men with bothersome, moderate to severe BPH symptoms and a documented enlarged prostate when alpha-blocker monotherapy is not effective.
- Complementary and alternative treatments (e.g., saw palmetto) are not recommended for the management of BPH.
- Men with suspected BPH can be evaluated with a validated questionnaire to quantify symptom severity.
- In men with symptoms of BPH, a digital rectal examination and urinalysis should be performed to screen for other urologic disorders.
- Watchful waiting with annual follow-up is appropriate for men with mild BPH.
- Alpha blockers provide symptomatic relief of moderate to severe BPH symptoms.
- In men with a prostate volume greater than 40 mL, 5-alpha reductase inhibitors should be considered for the treatment of BPH.
- Refer patients for a surgical consultation if medical therapy fails; the patient develops refractory urinary retention, persistent hematuria, or bladder stones; or the patient chooses primary surgical therapy.

Acute Bacterial Prostatitis

- Prostatic massage should be avoided in patients suspected of having acute bacterial prostatitis.
- Midstream urine culture should be used to guide antibiotic therapy for acute bacterial prostatitis.



- Blood cultures are indicated in patients with a body temperature greater than 101.1°F (38.4°C), a possible hematogenous source of infection (e.g., endocarditis with *Staphylococcus aureus*), or complicated infections (e.g., sepsis), and in patients who are immunocompromised.
- Prostate-specific antigen testing is not indicated in the evaluation of acute bacterial prostatitis.
- Fevers that persist for longer than 36 hours should be evaluated with imaging to rule out prostatic abscess.
- Acute bacterial prostatitis occurring after a transrectal prostate biopsy should be treated with broad-spectrum antibiotics to cover fluoroquinolone-resistant bacteria and extended spectrum beta-lactamase-producing *Escherichia coli*.

Chronic Prostatitis

- Chronic prostatitis should be considered in men with persistent pain associated with urination or ejaculation, or lower urinary tract symptoms related to voiding or storage.
- CBP is recognized by multiple urine cultures positive for the same organism. These cultures can be from post-prostatic massage urine, midstream clean-catch urine, or prostate secretions.
- CNP/CPPS presents similarly to CBP, but it is much more common and urine culture results are negative or inconsistent.
- CBP should be treated with a 4- to 6-week course of a fluoroquinolone antibiotic (preferably levofloxacin [Levaquin], but a macrolide can be used if chlamydia is suspected), and pain medication. If the patient responds, but then relapses, a second 4- to 6-week course of an antibiotic plus an alpha blocker should be considered.
- CNP/CPPS should be treated for 4 to 6 weeks, preferably with an alpha blocker, antibiotic, and pain medication.
- If CBP or CNP/CPPS does not improve significantly with initial treatment, the patient should be referred to a urologist.

Prostate Cancer Screening²⁷

- Based on its review of the evidence, the USPSTF said for men ages 55-69, the decision to undergo periodic PSA-based screening for prostate cancer should be individualized -- a "C" recommendation.
- For men ages 70 and older, the potential benefits of PSA-based screening don't outweigh the harms, so this group should not be screened for prostate cancer -- a "D" recommendation.

Best Practices in Urology: Recommendations From the Choosing Wisely® Campaign:^{23,24}

- Do not order creatinine or upper-tract imaging for patients with benign prostatic hyperplasia.
- Do not routinely screen for prostate cancer using a PSA test or digital rectal examination.
- Do not routinely perform PSA-based screening for prostate cancer.
- Do not recommend screening for prostate cancer (with the PSA test) without considering life expectancy and the risks of testing, overdiagnosis, and overtreatment.
- Do not perform PSA testing for prostate cancer screening in men with no symptoms of the disease when they are expected to live less than 10 years.
- Offer PSA screening for prostate cancer only after engaging in shared decision making.



Additionally, new pharmacotherapies and technologies continue to evolve, impacting treatment algorithms in American Urological Association (AUA) guidelines on the management of BPH.²⁸ Physicians should also be kept up to date on new treatment therapies, changes to therapies, or warnings associated with existing therapies. Provide recommendations regarding new FDA approved medications for the treatment of BPH; including safety, efficacy, tolerance, and cost considerations relative to currently available options. The AUA recommends the alpha blockers alfuzosin, doxazosin, tamsulosin, and terazosin as first-line treatments for men with BPH and bothersome, moderate to severe symptoms, and who are not undergoing planned cataract surgery.^{24,29}

The AUA guidelines highlight the importance of medical therapy to prevent disease progression, as well as symptom relief; however, there is often poor adherence to chronic pharmacotherapy for BPH.³⁰⁻³² The AUA recommends surgery if medical therapy fails or the patient develops BPH-related complications, such as bladder calculi, bladder decompensation (decreased detrusor contractions), hematuria (gross and microscopic), recurrent urinary tract infections, renal insufficiency, and urinary retention. Patients should be informed that surgery is an option for initial treatment; however, the benefits and risks compared with no treatment and medical therapy should also be reviewed.²⁴ Physicians can improve patient adherence by utilizing collaborative care plans and health coaching, establish systems to monitor and measure adherence, establish protocols to coordinate care with other health care providers, and take steps to improve physician-patient communication.³³⁻⁴⁰ Physicians need continuing medical education to implement guideline updates into practice.

These recommendations are provided only as assistance for physicians making clinical decisions regarding the care of their patients. As such, they cannot substitute for the individual judgment brought to each clinical situation by the patient's family physician. As with all clinical reference resources, they reflect the best understanding of the science of medicine at the time of publication, but they should be used with the clear understanding that continued research may result in new knowledge and recommendations. These recommendations are only one element in the complex process of improving the health of America. To be effective, the recommendations must be implemented. As such, physicians require continuing medical education to assist them with making decisions about specific clinical considerations.

Resources: Evidence-Based Practice Recommendations/Guidelines/Performance Measures

- Common questions about the diagnosis and management of benign prostatic hyperplasia²⁴
- Acute Bacterial Prostatitis: Diagnosis and Management²⁶
- Common Questions About Chronic Prostatitis²⁵
- Diagnosis and Management of Benign Prostatic Hyperplasia¹⁹
- Prostatitis: Diagnosis and Treatment¹⁴
- Update on AUA guideline on the management of benign prostatic hyperplasia²⁸
- AUA Management of Benign Prostatic Hyperplasia Clinical Guideline (Published 2010; Reviewed and Validity Confirmed 2014)³²
- (CUA) Diagnosis and management of benign prostatic hyperplasia in primary care^{15,16}



- Prostatitis and chronic pelvic pain syndrome. In: Guidelines on urological infections⁴¹
- Lower urinary tract symptoms. The management of lower urinary tract symptoms in men⁴²
- Prostate Cancer Screening²³
- Medication adherence: we didn't ask and they didn't tell³⁶
- Engaging Patients in Collaborative Care Plans³⁷
- Health Coaching: Teaching Patients to Fish³⁸
- The Use of Symptom Diaries in Outpatient Care⁴³
- Simple tools to increase patient satisfaction with the referral process³⁹
- The benefits of using care coordinators in primary care: a case study⁴⁰
- FamilyDoctor.org. Benign Prostatic Hyperplasia | Overview (patient resource)⁴⁴
- FamilyDoctory.org: Prostatitis (patient resource)⁴⁵

References

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