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**Communications Department**  
Royal United Hospital  
Combe Park  
Bath  
BA1 3NG

Tel: 01225 826230 / 821459  
Mobile: 07557 756658 (office hours)

## Media Release

[Ruh-tr.communicationsteam@nhs.net](mailto:Ruh-tr.communicationsteam@nhs.net)  
[www.ruh.nhs.uk](http://www.ruh.nhs.uk)  
<https://twitter.com/RUHBath>

### **RUH trials ‘instant’ prostate cancer test results**

Prostate cancer patients at the Royal United Hospitals Bath NHS Foundation Trust can now avoid anxious waits to hear from their doctor by seeing blood test results online as soon as they are available.

In a new digital approach to aftercare being trialled at the hospital, men can take control of their own care and free up vital NHS time and appointments.

As well as being able to get their results online, men can complete assessments, see their patient information and message their clinical team.

RUH Prostate Cancer Nurse Specialist Ros Helps said: “Being able to access their blood test results as soon as they are available, without having to wait for a clinician to contact them, reduces a great deal of stress and anxiety. Men can also phone a support worker or nurse specialist if they want to discuss their results further.”

The remote monitoring system follows a trial involving five hospital trusts, including the RUH. It was funded by the Movember Foundation in partnership with Prostate Cancer UK.

The Urology department at the RUH was one of the original pilot sites for this study and has recruited more than 700 men to take part who had stable prostate cancer or who had completed prostate cancer treatment. It is estimated that the remote monitoring system has so far reduced the need for some 2,000 hospital appointments.

Ros Helps said: “It’s meant that hospital clinic appointments are used more efficiently and men do not have to spend unnecessary time attending clinic appointments. This new approach to care has proved to be so successful that there was no doubt that it should continue beyond the original pilot study. “

As well as the RUH, the NHS trusts involved in the trial - which ran for three years from 2014 and involved 2,675 men - were University Hospital Southampton, Dartford and Gravesham, St Helens and Knowsley Teaching Hospitals trust and the Royal Cornwall Hospitals trust in Truro.

The RUH Trust has a strong reputation for participating in national and worldwide research, with nearly 2,500 people taking part in 348 research studies last year.

**Ends**

#### **Notes to Editor:**

The Royal United Hospitals Bath NHS Foundation Trust provides acute treatment and care for a catchment population of around 500,000 people in Bath, and the surrounding towns and villages in North East Somerset and Western Wiltshire. The hospital provides healthcare to the population served by four Clinical Commissioning Groups: Bath & North East Somerset CCG, Wiltshire CCG, Somerset CCG and South Gloucestershire CCG.

The Trust provides 759 beds and a comprehensive range of acute services including medicine and surgery, services for women and children, accident and emergency services, and diagnostic and clinical support services.

In 2015 The Royal United Hospitals NHS Foundation Trust acquired the Royal National Hospital for Rheumatic Diseases (RNHRD) NHS Foundation Trust. The RNHRD treats patients from across the country offering services in rheumatology, chronic pain and chronic fatigue syndrome/ME, cancer related fatigue and fatigue linked to other long term conditions such as multiple sclerosis.

The RUH is changing - we have an exciting programme of redevelopment underway transforming our site and further improving the services we provide. The Trust is now building a purpose-built RNHRD and

Therapies Centre and working towards new Dyson Cancer Centre. For more details visit:  
[www.ruh.nhs.uk/about/fit\\_for\\_the\\_future](http://www.ruh.nhs.uk/about/fit_for_the_future)

For more information about the Royal United Hospitals Bath NHS Foundation Trust visit: [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Chair:  
Alison Ryan

Chief Executive:  
James Scott



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Matters  
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