

Prostatectomy Education Sessions

ACT Health offers pre and post prostatectomy education and support for clients, their partners are welcome to attend.

The education sessions are held every second Monday of the month from 2pm to 4pm at the Belconnen Community Health Centre

56 Lathlain St, Level 1, Belconnen (on the corner of Lathlain and Cohen Streets, opposite Westfield Belconnen).

During the session a continence nurse will talk to you about:

- The prostate gland and its function
- Continence and bladder function
- Continence and sexual issues
- Pelvic floor exercises with optional individual pelvic floor assessment
- Preparing for your surgery
- What to expect after your surgery
- Catheter and bowel management
- Healthy lifestyle habits
- Support networks

How can I register for an education session?

To register for an education session, telephone Community Health Intake (CHI) on (02) 6207 9977 between 8am-5pm Monday to Friday, 8am-3.30pm Wednesdays (excluding public holidays).

Who will I see during the session?

You and your partner (if preferred) will be seen by a continence nurse. The continence nurse can also refer you to other health professionals including the Cancer Counselling Service, Continence Physiotherapist, and others, if required. A post surgery continence review service is also available.

Do I need a referral?

You can self refer if you are anticipating prostate cancer surgery. Alternatively your GP, Specialist and other health professionals can make a referral on your behalf.

Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

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