



Prostate cancer and PSA measurement

Clyde Sector

March 2024 was Prostate Cancer Awareness month. Prostate cancer is the most common malignancy in males in Scotland. 99% of cases are in men aged over 50 years. Risk of prostate cancer is increased if a first degree relative has had prostate cancer or if there is a family history of BRCA associated breast or ovarian cancer. The majority of men with prostate cancer do not have any symptoms. PSA measurement is part of the prostate cancer diagnostic pathway. In order to promote appropriate PSA measurement we have provided some short guidance which was prepared for the Educational Toolkit within the Primary Care Atlas of Variation for Diagnostic Laboratory Tests.

Scottish Referral guidelines for suspected cancer recommend measuring PSA in men who present with unexplained possible signs and symptoms of prostate cancer such as:

- Changes to urinary patterns
- Erectile dysfunction
- Unexplained haematuria
- Lower back pain
- Bone pain
- Weight Loss

This should be done in conjunction with a digital rectal examination.



PSA should not be measured in any of the following situations:

- In a patient with a known UTI or who has been catheterised or has had another invasive procedure such as a prostate biopsy (PSA may stay elevated for 6 weeks)
- In a patient known to have recently ejaculated (PSA may be raised within 3 days of ejaculation)
- In a female patient (transgender patients should be assessed as per local protocols)

PSA should be repeated if:

- It is mildly elevated and the initial sample was collected when the patient had a recently ejaculated, had a UTI, been catheterised or had any other invasive procedure.
- Directed by secondary care.
- Presentation of new symptoms which are suggestive of prostate cancer.

Successful Quality Accreditation

In 2023 the Department of Haematology and Blood Transfusion, Clyde Sector, NHSGGC successfully transitioned to BS EN ISO 15189:2022 – Medical laboratories — Requirements for Quality and Competence standards. Transitioning to these new standards ensures the quality management system continues to provide a high-quality service to service users, with an increased focus on patient experience.

Clyde Haematology and blood transfusion user survey

Can you please take a few minutes to complete our survey. Feedback from our user: is highly valued and is used to improve our services.

Click on the link below to take the survey.

<https://forms.office.com/e/7zfmBGwRbD>

