

**PROCASE patient education pamphlet:
"The PSA test for prostate cancer: Is it Right for ME?"**

Due to the disputed efficacy of prostate cancer screening using the Prostate Specific Antigen (PSA) test, most authorities now recommend that providers inform and involve their patients in individual decisions about testing rather than routinely ordering the test for all their eligible patients. The PROCASE patient education pamphlet was designed to facilitate this informed patient decision making process. It provides balanced and unbiased information about the possible risks and benefits of PSA testing (i.e., neither promotes nor discourages screening), and encourages patient involvement in testing decisions. Written at the 7th grade level, the PROCASE pamphlet is designed to be appropriate for a low educated patient population.

The pamphlet was developed with input from content experts, health educators, patient focus groups and surveys and was rigorously evaluated using a randomized, controlled design. The evaluation assessed the relative effect of the PROCASE pamphlet, a mailed video intervention developed by the Foundation for Informed Decision Making, and a usual care/control group on patient knowledge, decision making participation, screening and treatment preferences, and PSA testing rates. The results revealed that the pamphlet increases patient knowledge and participation in decision making, alters screening and treatment preferences, does not significantly impact actual PSA testing rates, and has similar effects on all these outcomes to those observed for the more resource intensive video intervention.

The PROCASE pamphlet received the 2002 H. Winter Griffith Award for Excellence in Patient Education Materials from the American Academy of Family Physicians, and has been implemented into practice in a variety of settings. The Minneapolis VA Medical Center has been distributing the pamphlet to all male veterans age 50-69 at the time of check in for primary care appointments since April 2001, and the West Texas VA Medical Center and several non-VA primary care providers have requested copies of the pamphlet for use in their primary care clinics.

For more information about this pamphlet or the study that evaluated it, please contact Dr. Melissa R. Partin at (612) 467-1979 or melissa.partin@med.va.gov.