Welcome to the Prostate Scotland Cancer Navigator App and User Guide

Welcome

Welcome to the Prostate Scotland app! You'll find information, support, and tools to help you navigate many aspects of living with prostate cancer. From managing appointments and medication, to tools to support you with treatment decision making and keeping track of side-effects as well as a range of information resources. We hope you find it helpful.

Use as much, or as little, of the app as you find helpful and be reassured that no-one else can see the information you enter (it is only on your device, it isn't stored anywhere else, and it is encrypted).

The App contains a **User Guide** to help you use the App. This gives details of what you can do on the App and most importantly gives Top Tips in each section on how to get the most out of the App. It is best if you read the User Guide to the App first of all. When using the App you can find the User Guide by pressing the Info icon ⓘ at the top right of the page. Some of the additional features, for example the Playback button for recordings are at the bottom of the page. If you are having trouble finding some of the features, always scroll to the bottom of each page of the App.

There is series of short films on our website showing and explaining how to use the various features in the App.

If you have found the Prostate Scotland Cancer Navigator App useful, we should be grateful for your assistance by completing a short questionnaire about your experience via this link. You can complete this anonymously or by leaving your contact details on the questionnaire with the appropriate GDPR permissions.

If you would like further information from Prostate Scotland about prostate cancer and disease you can find further information by clicking this link.

Also should you like to support us or make a donation towards our work to tackle prostate cancer and disease you can do so by clicking on this link which will give you a range of donation choices and permissions to conform with data protection regulations (GDPR). Thank you.

On the next page you'll see how to use the app and this information is also stored as a User Guide in the Settings page of the app (just click on this symbol ⚙).

We'd like to thank the Thomas Connolly Foundation for the excellent work building the app, the many clinicians, researchers, and professionals who have shared their expertise, and our user tester group of men with experience of prostate cancer. For more information, please see the Acknowledgements page.

User Guide

Setting up and receiving reminders for medications and appointments

To set up a reminder for your medication/appointments:

- Click on the reminder box – it will offer you a choice of when you want the reminder for.
- Then click the reminder you wish for e.g. 30 minutes before, 1 hour before etc.
- Remember to click ✓ at the top of the page to save your information.

Please note it is crucial that Notifications within the App and in your phone are set to ON to receive medication/appointment reminders.

In addition, it is important to regularly clear the notification/reminders that you receive otherwise the reminders will stop being received.

To clear reminders:
- Click on them at the time then press delete in the top right corner to clear them. Alternatively go to the top of your screen and pull down the Notifications menu for your phone. This will give you a 'tray' with all your notifications on it.
- Look for the Prostate Scotland Navigator App then click or swipe away the used notifications.

Clearing notifications is particularly important if you have many medication/appointments. Many phones and tablets limit you to 24 notifications before being able to receive more (and with an upper limit of no more than 50 notifications on others)

We don't want you to miss receiving your reminders and therefore suggest that you regularly empty/clear the used notifications.

Scrolling
Please remember to always scroll to the bottom of the page you are on if your next step doesn't appear to be there, or click on the last item you can see to reveal the rest of the page.

Appointments
What you can do:
- Add the details of your appointments.
- Set up a reminder for appointments.
- Add in repeating/recurring appointments.
- Take a note of any questions you want to ask in appointments.
- Make an audio recording of an appointment.
- Delete an appointment or sequence of appointments.

Tips:
- Click 'Record Appointment' to make an audio recording of your appointment (you may want to listen to it again later). Make sure you get the permission of the person you are recording. We have provided sample wording if you aren't sure how to ask for permission.

- To add an appointment, press that date on the calendar, this will become a solid blue circle. To add the appointment on that date press +. The date for your appointment will now appear in the date text box on the next page.

- Once you click +, use the free-text boxes to add any details.

- If you'd like to be prepared with questions to ask at your appointment you can add them to the free-text box or click 'Example Questions' to see a list of questions people often ask (this may help you think about what you would like to ask at your appointment)

- If you select to repeat an appointment you must specify an end date. To include an appointment that e.g. comes around once a year you will see in the top left corner the year (eg 2023). Click on this to give a drop down menu of years, select the year (e.g.2028) and click OK. This will take you back to the appointments page with the end date added. Click ✓ in top right corner. The appointment will be saved once a year until 2028.

- Once you have entered everything click on ✓ to save.
- Deleting an appointment is based on your device. On an Android device, press the appointment you want to delete in the list and hold down for a few seconds. A 'Delete' option will appear at the top of the screen, click on this to delete the appointment.

  On an Apple device, swipe the appointment you want to delete and again an option will appear to delete the appointment.

- If you set the appointment to repeat and delete one of the appointments in the sequence, you will be given an option to delete a single appointment or the entire sequence of appointments.

- To ensure reminders for appointment occur, notifications must be turned on. To find out whether notifications are currently turned on or off press ✱ pinwheel in top right corner.

Tests and Results
What you can do:
- Save the results of your PSA and see the trends displayed on a graph.

- Save the results of investigative tests including DRE, MRI, biopsy, CT scan, PET scan, bone scan and PSMA scan.

- Save the results of a range of tests including liver and kidney function, alkaline phosphatase, full blood count, blood calcium, blood pressure, cholesterol, and blood sugar (you can also see blood pressure, cholesterol and blood sugar displayed on a graph)

- Delete a test result.

  Tips:
- Click + to add a test result from the calendar page.

- Once you have entered everything click on ✓ to save.

  Click this symbol to choose which graph to display from the dropdown box. You can only view one graph at a time. Click done. Your test results will be displayed as a graph. You will need to enter at least two results for it to be shown on the graph.

- Deleting a test result is based on your device. On an Android device, press the test result that you want to delete in the list and hold down for a few seconds. A 'Delete' option will appear at the top right of the screen. Click on this to delete the test result.

  On an Apple device, swipe the test result you want to delete and again an option will appear to delete the test result.

Medications
What you can do:
- Add the details of your medications.
- Set up a reminder of when to take your medications.
- Add in regular/repeating medications.
- Delete a medication or sequence of medications.

Tips:

- Click + to add a medication from the calendar page.

- Once you click +, there are a range of free-text boxes and boxes with options – fill in what you feel is important to you.

- If you select to repeat a medication you must specify an end date. To include a medication e.g. that comes around once a year you will see in the top left corner the year (e.g.2023). Click on this to give a drop-down menu of years. Select the year (e.g.2028) and click OK. This will take you back to the medications page with the end date added. Click ✓ in top right corner. The medication will be saved once a year until 2028.

- Once you have entered everything click on ✓ to save.

- Deleting a medication is based on your device. On an Android device, press the medication that you want to delete in the list and hold it down for a few seconds. A 'Delete' option will appear at the top of the screen. Click on this to delete the medication.

  On an Apple device, swipe the medication you want to delete and again an option will appear to delete the medication.

- If you set the medication to repeat and delete one of the medications in the sequence, you will be given an option to delete the single medication or the entire sequence of medications.

- To ensure reminders for medications occur, notifications must be turned ON. To find out whether notifications are currently turned on or off press ✱ pinwheel in top right corner.

Choosing treatments

What you can do:

- If you have been diagnosed with early prostate cancer and have been given a choice of treatments, this section helps you identify and consider what is important to you.

- You can compare what is important to you when to comes to your treatment against the treatment choices you have been given.

- You can save the information and try the tool with revised answers. There is no limit on how many times you use the tool.

Tips:

- Read the information carefully and work your way through each question. You might want to do this quickly using gutfeel or you may want to take a bit longer on each question. You can always go back if you want to change any of your answers.

- When you reach the table displaying your treatment options compared to what is important to you, it's best to turn your device on its side so you can view it in landscape.

- Remember the tool is there to help you work out, reflect on and identify what is important to you.

- Press ⌂ to get back to the homepage.

Monitor side-effects.

What you can do:
- Record any side-effects you are experiencing.

- Personalise/customise the trackers you want to use.

- Monitor or keep track of the trends of your side-effects (improving, staying the same, or getting worse).

- See the trends displayed on a graph and in percentages.

- View significant side-effects of your treatment (called red-flags) in case you might need to take action or seek help and advice about their impact.

Tips:
- Enter your treatment for prostate cancer and a list of side-effects you can monitor/track will be displayed.

- To personalise/customise the trackers that you want to use. Once you have selected your treatment, click ✴ pinwheel. In settings press on the black box to choose the tracker(s) you want to use. Click each blue box on the right hand side of the page to select/unselect a tracker. Press ✓ in top right corner to save. Press the white arrow top left corner to go back to treatment.

- Click + to enter your symptoms/side-effects from the calendar page.

- Once you have entered everything click on ✓ to save.

  Click on the graph symbol to see your results displayed on a graph and in percentages.

- To see/check information already entered, press on the daily or weekly blue box below the calendar to see what has already been entered.

- Click on 'View Significant Side-effects' to see a table of side-effects to be aware of based on your treatment (these are called red flags) in case you might be affected and need to take action or seek help and advice.

Contacts
What you can do:
- Keep a note of the key people involved in your prostate cancer journey.
- Save phone numbers, email addresses and addresses for easy access.
- Delete a contact.

Tips:
- Click + to add a contact.

- Once you have entered everything click on ✓ to save.
- Deleting a contact is based on your device. On an Android device, press the contact that you want to delete in the list and hold it down for a few seconds. A 'Delete' option will appear at the top of the screen. Click on this to delete the contact.

  On an Apple device, swipe the contact that you want to delete and again an option will appear to delete the contact.

My Personal Journal

What you can do:
- Fill in as much, or as little, in this section. You may find it useful to keep a note of some of this information if you need it for appointments or to keep a complete record of your prostate cancer journey.

- Information you can record includes your details, emergency contacts, prostate cancer information, your health, allergies, and blood group.

- Delete a supplement or therapy.

Tips:
- Much of this section is free-text boxes for you to choose what you would like to save.

- In the My Health section the Medication I have/take is pre-populated and comes from the Medications part of the app.

- There are 2 sections to medications. Medications that you currently have or take and medications taken previously. The current medications that you take will automatically have been pulled through here when you entered your medication in the medication section. To view these, place your finger on the white section below 'Medications I take/have' and slide finger upwards. To hide, slide finger downwards. This will also apply to Medications taken previously.

- You can add any Complementary therapies you take by clicking + in this section. Complementary therapies that you have will be shown by a ✚ sign and those you no longer have as a ➖ (minus) sign.

- You can add any Supplements you take by clicking + in this section. Supplements that you have will be shown by a ✚ sign and those you no longer have as a ➖ (minus) sign.

- Once you have entered everything click on ✓ to save.

- Deleting a supplement or therapy is based on your device. On an Android device, press the supplement or therapy that you want to delete in the list and hold it down for a few seconds. A 'Delete' option will appear at the top of the screen. Click on this to delete the supplement or therapy.

  On an Apple device, swipe the supplement or therapy that you want to delete and again an option will appear to delete the supplement or therapy.

Resources
What you can do:
- Find information on a range of topics related to prostate cancer.
- For each topic there is signposting to more information, tools and organisations who can help.

Tips:
- The wording in blue font and underlined links directly to more information about the subject, by clicking on these words you will be taken directly to the extra information You can click the back button to go back to the app.

- Use the white arrow in the blue bar at the top of the page to go back from a page.

Notes
What you can do:
- Add a note about any aspect of your prostate cancer journey.
- Delete a note.

Tips:
- Click + to add a new note or something new.

- Type your note into the free-text box.

- Once you have entered your note click on ✓ to save.

- Deleting a note is based on your device. On an Android device, press the note that you want to delete in the list and hold it down for a few seconds. A 'Delete' option will appear at the top of the screen. Click on this to delete the note.

  On an Apple device, swipe the note that you want to delete and again an option will appear to delete the note.

Record Appointment
What you can do:
- Make an audio recording of an appointment.

Tips:
- Click 'Record Appointment' to make an audio recording of your appointment. You may want to listen to it again later. **Make sure you get the permission** of the person you are recording. We have provided sample wording if you aren't sure how to ask for permission.

- To ensure the recording is clear and loud enough, place your phone/iPad halfway between you (or slightly nearer to) the person you want to record.

- If the recording is very quiet, it may be better to listen on earphones.

Playback recordings
What you can do:
- Play back a previous recording.
- Pause a recording.

There are a few ways to listen to a recording:

- Go to 'Listen to my recording page.'

- Press the Playback button which is next to the recording button.

- You can find your recording by clicking on appointments. Click on the date of the appointment which will take you to that days' appointment page – scroll down to the bottom and you will see the blue 'play recording' button.

Tips:
- Remember to check that notifications are ON in order for the recording process to work.
To find notifications press the ✳ pinwheel in top right corner.

  In settings press the notifications button to turn notifications on or off. Notifications can later be turned off or on but must be ON to save a recording/appointment.

- Pause button. While the recording is playing, the 'Play' button changes to a 'Pause' button which you can press to pause the recording. When the recoding finishes this button returns to 'Play'. If you pause the recording, then re-start it will start the recording from the beginning not from where you paused it.

Settings
What you can do:
- Change your security pin (to access the app).

- Change the security questions (to access the app).

- Change the side-effects you would like to monitor in the 'Monitor side-effects or keep track of side-effects' section of the app.

- Turn notifications on and off.

- View the User Guide. This can be simply done by pressing the ✳pinwheel in the top right corner.

On screen display
What you can do
- If you are having difficulty seeing or reading any section of the App, then try closing the App and re-starting. This should resolve any difficulties.

Opening and closing the App
- To open the App, fill in your personal PIN.

- To close the App:
Press the back arrow at the bottom of your phone until you reach the PIN page then press O at the bottom of your phone and the App will close.

  Or click on the App then swipe it downwards or upwards and the App will close and log you out.

- Alternatively, you can double click the start button on an iPad and swipe the App off the screen.

If the App hadn't been used for some time it will close automatically.