

Activity: Prostate Cancer Role Play

Objective: To encourage men to talk with their health care provider to see if a PSA test is right for them.

Helpful Materials: Two copies of script, One copy of one scenario per group.

Note: This activity was adapted from the *Understanding Cancer Activity Guide* by Dr. Melany Cueva from the Alaska Native Tribal Health Consortium.

Directions: Select two participants to act out the scene. After watching the scene, separate participants into groups of 2, 3 or 4 people. Give each group a scenario and have them discuss what they would say or do to support the person in the scenario. Have each group share their response.

Scene: Couple sitting at a table having a meal together

Mack: Man I am tired! I sure got a good workout for the day.

Rita: Yep I know you work hard, but you know you have to do more than just lift heavy pipes all day!

Mack: What do you mean – lifting pipes is hard work!

Rita: What I mean is that we all need to do exercises that get our heart beating faster. We also need to get our regular checkups – heart, diabetes, and men need a prostate exam....

Mack: OOOHHH – prostate, I haven't had that checked for a while – how often am I supposed to go?

Rita: At your age, you need to be having conversations with your doctor about if you should and how often to do it. You have an appointment next week with Dr. Richards; you can ask him then.

Mack: Ok but you better remind me. The last time I saw him, which was a few years ago, he didn't say anything about it.

Rita: Why don't we make a list of things you need to discuss with Dr. Richards? Good communication with your health care provider may save your life!

Scenario 1

Steve is a healthy 55-year-old man who has never had prostate cancer.

You ask Steve if he has ever talked with his health care provider about a PSA test. He says, "No, why should I? I am healthy. Prostate cancer won't happen to me."

What could you say to help Steve understand the importance of talking with his provider about the benefits and risks of PSA testing?

Scenario 2

George is 45 years old and has a brother with prostate cancer. Recently, he started to get up in the middle of the night to go to the bathroom.

He says, "Everyone has to go. I just go more often."

What would you say to George? How would you encourage George to talk with his doctor about his frequent urination?

Scenario 3

Brian is 40 years old. His father was diagnosed with prostate cancer at 50. He works two jobs and has a young family. You remind Brian to talk to his provider about a PSA test.

He says, "I don't have time to spend on myself."

How would you encourage and support Brian to take time for his health, which includes informed decision-making with his doctor about prostate cancer screening?