

# PROSTATE REFERRAL ALGORITHM

DEVELOPED FOR GENERAL PRACTITIONERS AND PRIMARY CARE PHYSICIANS IN AFRICA



<https://pauafrica.com/>

IN ASSOCIATION WITH



<https://www.prostate-ca.co.za/>

## TUBARO'S VALIDATED BPH SCREENING TOOL

IN THE LAST MONTH HOW OFTEN...		NEVER	RARELY	LESS THAN HALF OF THE TIME	ABOUT HALF OF THE TIME	MORE THAN HALF OF THE TIME	ALWAYS OR ALMOST ALWAYS
1.	Have you found it difficult to start urinating if you held on for too long?	0	1	2	3	4	5
2.	Have you found it difficult to start urinating during the night?	0	1	2	3	4	5
3.	Has your urinary stream been weaker at night?	0	1	2	3	4	5

### TOTAL BPH SCORE

If the score is  $\geq 3$ , the patient should be tested for PSA 

PSA = prostate-specific antigen blood test

### TOTAL PSA

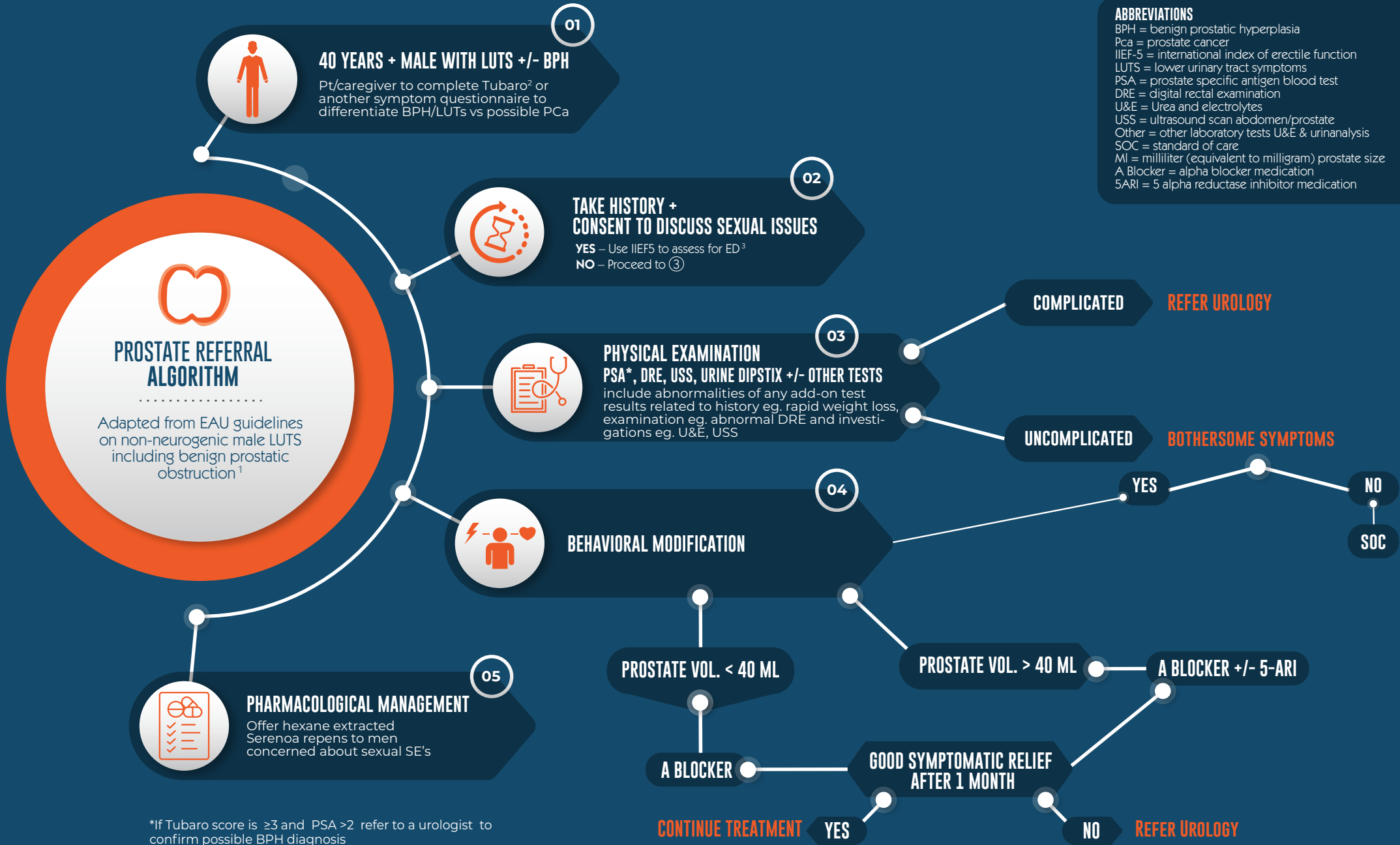
If PSA is  $>2$  ng/mL, specialist referral is recommended

#### REFERENCE:

Tubaro A, et al. Evaluation of a 3-item Screening Tool to Identify Men With Benign Prostatic Enlargement/Obstruction in Primary Care. *Minerva Urol Nefrol.* 2020 Sep 29.

## ABBREVIATIONS

BPH = benign prostatic hyperplasia  
Pca = prostate cancer  
IIEF-5 = international index of erectile function  
LUTS = lower urinary tract symptoms  
PSA = prostate specific antigen blood test  
DRE = digital rectal examination  
U&E = Urea and electrolytes  
USS = ultrasound scan abdomen/prostate  
Other = other laboratory tests U&E & urinalysis  
SOC = standard of care  
ml = milliliter (equivalent to milligram) prostate size  
A Blocker = alpha blocker medication  
5ARI = 5 alpha reductase inhibitor medication



\*If Tubaro score is  $\geq 3$  and PSA  $> 2$  refer to a urologist to confirm possible BPH diagnosis

## Resources and References

1. Gravas S, et al. EAU guidelines on non-neurogenic male LUTS including benign prostatic obstruction. (Limited text update March 2021). Available at: <http://www.uroweb.org/guidelines>
2. Tubaro A, et al. Evaluation of a 3-item Screening Tool to Identify Men With Benign Prostatic Enlargement/Obstruction in Primary Care. *Minerva Urol Nefrol.* 2020 Sep 29. Available at: <https://www.minervamedica.it/en/getfreepdf/TXE1bTJN3hPNHBSeDQ3ZHpvOTNsVxk4ckczaGlrWfZxa1JWwFY4c05mMm9CN3ZSa1VZWJzwUmhyRGpxVzZxSg%253D%253D/R19Y9999N00A20092903.pdf>
3. Gomes JJ, et al. Association Among Lower Urinary Tract Symptoms, Erectile Function, and Sexual Satisfaction: Results from the Brazil LUTS Study. *Sex Med* 2020;8:45-56.

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