### ELEVATED PSA/PROSTATE NODULE REFERRAL GUIDELINE

#### SYMPTOMS AND LABS

**HIGH RISK**
- Markedly Elevated PSA (greater than 50 ng/ml)
- With or without symptoms concerning for metastatic prostate cancer (severe hip or long bone pain)

***If patient is experiencing symptoms of cord compression including lower extremity weakness/severe back pain/fecal incontinence refer immediately to the emergency department***

**SUGGESTED PREVISIT WORKUP**
- Repeat PSA
- Bone Scan
- CT scan of the abdomen and pelvis, with contrast

**MODERATE RISK**
- For men aged 55-69
  - Persistently elevated PSA greater than 4
  - And/Or Prostate Nodule
- For men less than 55-69 who have high risk patient characteristics (black race & first degree relative with prostate cancer)
  - Persistently elevated PSA greater than 4
  - And/Or Prostate Nodule

**LOW RISK**
- Asymptomatic male with normal digital rectal exam
  - For men aged 55-69
  - With a single elevated PSA greater than 4
  - Or
  - For men aged less than 55-69
  - With a single elevated PSA greater than 4
  - And who have high risk patient characteristics (black race & first degree relative with prostate cancer)

**SUGGESTED WORKUP**
- Repeat PSA
- Referral to urology for Shared Decision Making regarding elevated PSA & prostate nodule

**SUGGESTED MANAGEMENT**
- Repeat PSA in 2-3 month
- If patient is experiencing Lower Urinary Tract symptoms at the time of PSA blood draw perform a U/A and Urine Culture
- Refer to urology if PSA greater than 4

### HIGH RISK

**SUGGESTED EMERGENT CONSULTATION**

**SYMPTOMS AND LABS**
- Markedly Elevated PSA (greater than 50 ng/ml)
- With or without symptoms concerning for metastatic prostate cancer (severe hip or long bone pain)

### MODERATE RISK

**SUGGESTED CONSULTATION OR CO-MANAGEMENT**

**SYMPTOMS AND LABS**
- For men aged 55-69
  - Persistently elevated PSA greater than 4
  - And/Or Prostate Nodule
- For men less than 55-69 who have high risk patient characteristics (black race & first degree relative with prostate cancer)
  - Persistently elevated PSA greater than 4
  - And/Or Prostate Nodule

### LOW RISK

**SUGGESTED ROUTINE CARE**

**SYMPTOMS AND LABS**
- Asymptomatic male with normal digital rectal exam
  - For men aged 55-69
  - With a single elevated PSA greater than 4
  - Or
  - For men aged less than 55-69
  - With a single elevated PSA greater than 4
  - And who have high risk patient characteristics (black race & first degree relative with prostate cancer)

### CLINICAL PEARLS

- High risk patient characteristics: Black race &/ first degree relative with prostate cancer.
- Consider earlier PSA screening for men with high risk characteristics.
- Consider Urology referral for a man aged 40-49 with a PSA greater than 2.0.
- Consider Urology referral for a man aged 50-59 with a PSA greater than 3.0.
- If patient is experiencing Lower Urinary Tract symptoms at the time of PSA blood draw perform a U/A and Urine Culture.
- PSA screening is not recommended in men over 75 or in men with life expectancy less than 10yrs.

These clinical practice guidelines describe generally recommended evidence-based interventions for the evaluation, diagnosis and treatment of specific diseases or conditions. The guidelines are: (i) not considered to be entirely inclusive or exclusive of all methods of reasonable care that can obtain or produce the same results, and are not a statement of the standard of medical care; (ii) based on information available at the time and may not reflect the most current evidenced-based literature available at subsequent times; and (iii) not intended to substitute for the independent professional judgment of the responsible clinician(s). No set of guidelines can address the individual variation among patients or their unique needs, nor the combination of resources available to a particular community, provider or healthcare professional. Deviations from clinical practice guidelines thus may be appropriate based upon the specific patient circumstances.

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