

Penile Metastasis from Cancer of Prostate: A Case Report

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Abstract

Metastatic spread from the prostate to the penis is known to occur, though rare. A needle biopsy remains the most reliable diagnostic modality that allows for histological and immunological confirmation of metastatic spread, and evaluation of the extent of invasion. The mode of metastasis seems to be either by direct invasion, implantation, haematogenous or lymphatic spread. Treatment mainly remains palliative and improving quality of life in view of the poor prognosis and a 6-month mortality of 80%. We report a patient with castrate resistant prostate cancer who presented with obstructive voiding symptoms and reddish lesions on the glans. Biopsy proved it to be a metastasis from the prostate cancer..

Keywords: Metastasis •Penis •Prostate Cancer •Palliative Care • Prostate cancer

Introduction

Prostate cancer is a commonly diagnosed cancer in men especially in the West, and its incidence in India too is on the rise. It is also a leading cause of cancer-related deaths. Most prostate cancer-related deaths are due to advanced disease, which results from any combination of lymphatic, hematogenous, or contiguous local spread. Metastases from the prostate to the penis is a very rare phenomenon, and the prognosis in these patients is usually very poor. [3] We report a case of a castrate resistant prostate cancer (CRPC) who presented with very poor flow, hard elevated reddish areas over the glans and raised renal parameters.

Case Report

A 68-year-old male presented with very poor flow. He was a known case of metastatic prostate cancer having undergone bilateral orchidectomy followed by treatment with bicalutamide since February 2019. His initial serum prostate specific antigen (PSA) was 51 ng/ml and all 12 cores of transrectal ultrasound guided biopsy done in January 2019 were positive for prostate cancer with Gleason score of 5+4. Issues such as social media usage could be evaluated by implementing an effective professional development plan and assessment module so employees can reflect on how well they understand agency guidelines on using social media and opportunities for improvement.

A good PDP is not just the responsibility of a human resource department but should be in the DNA of the whole organization. Professional development should be an intrinsic part of standard operating procedures. Part of the issues with social media usage in this organization is the lack of professional development in this area. Leadership teams that support professional development of personnel can ensure triumphant long-term service for the agency. A PDP should not be a once a year appraisal. A PDP can help to establish training and developmental needs. PDPs should focus on the following:

- Congruent competencies
- Specialized competencies

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- Informal and formal assessments
- Continual education programs (internal and external)
- Understanding professional and ethical guidelines

Characteristics of organizational problems

Since New Horizons has no formal professional development module for employees, it is difficult to evaluate how employees are progressing toward specific goals, such as proper usage of social media as a communication tool for reaching clients concerning the education and treatment of autistic children.

Seguin suggested a professional development program for nurses to address clinical problems and increase employee retention. The purpose of this program was to have active staff nurses establish, direct, and reflect on their practices for developing leadership, increasing knowledge, facilitate learning to help new nurses and to reflect on their practice. Seguin implied that the professional development plan helped their organization reduce time to obtain electrocardiograms for patients, decrease the likelihood of triage bottlenecks, which delay critical treatments, increased nursing staff empowerment, and retention. A well-organized professional development plan can serve New Horizons in the same capacity for management, education, administration, communication, and agency guidelines [1].

Lovering suggested social media could be a powerful tool for business. However, establishing a professional plan for employees is necessary to avoid the negative effects of social media. Lovering implied that two of the most considerable problems with improper uses of social media are tracking negative or misleading statements and accidental dispensation of confidential information. Tracking negative or misleading statements can be an enormous problem for companies, with social media it can be an added burden. However, training employees on policies and procedures associated with social media can help to prevent this problem. Using a professional development plan and assessments can help to reinforce the guidelines and allow for the employee to reflect on how well they understand and utilize best practice in using social media [2].

Unauthorized employees speaking on the agencies behalf is another difficult area to monitor for companies. The improper uses of social media make it even more challenging. A greater dependence on social media can bring with it an array of organizational concerns. Nevertheless, a professional

Yigit and Bagceci evaluated the contributions of action research to teachers' professional development. The professional development was essential for organizational goals and policies. The study consisted of six educators that appraised the usage of action research in professional development. Establishing an effective PDP is a significant factor to ensure the efficiency of improvements at any level. Yigit and Bagceci suggested that a development plan can help professionals assist clients to improve their skills, realize their potential, and acquire knowledge. It is essential that employees have the confidence, skills, and awareness to reach professional goals. A productive PDP can help to affirm this process at New Horizons. The researchers suggested that the teachers in their study conveyed that action research had a productive impact on their professional development in the following ways:

- Knowledge of field
- Discipline
- Positive impact on learners
- Methodologies
- Conscious of actions
- Job description

Yigit and Bagceci suggested that action research is a cycle of inquiry. This cycle of action can be used to identify problems or weaknesses. The action research approach coordinates well with a PDP. The chart below compares the steps involved in both general action research and professional development action steps: With New Horizons' concerns about the uses of social media, it is essential that an action research study be utilized to collect data on how a PDP and assessment process will serve the agency's needs with this matter.

Castro-Garcés and Martínez-Granada suggested that action research focuses on driving change in a context study. The collection of data in an action research approach begins with a question that leads to an investigation and establishing techniques for collecting data. Once the data is collected, it must be interpreted to develop and implement an action plan to address the problem. The researchers implied it would be essential to appraise the current plan to assess new problems. Then the most important part of the process, reflection [3,4].

The reflection process should involve the following questions:

- What does the data tell us?
- What changes could be instituted?

The action research approach is a cyclical process to ensure an ongoing enrichment mechanism to engage problems and information to enact change. Using an action research design for collecting data is an appropriate methodology process to pilot this study because it will allow the staff at New Horizons to be co-researchers and focus on realizing practical solutions to

developmental and communication issues within the agency. Green and Huntington used an action research approach to collect data in the public healthcare environment to determine a best practice approach in providing safe and effective interventions for clients. The participants in the action research model worked in small professional development communities to classify potential professional development subject matter (social media) and the development of an online learning lesson program for employees. After the staff had taken the online learning activities, the activity would be evaluated to identify areas of learning needs. The key feature of this cyclical process is that information that is obtained from the online assessments could be used to create other learning activities. The feedback that is communicated to the staff will allow them to reflect on their knowledge and opportunities for improvement [5].

Solution-based on data collection

The proposal to use an effective action research learning process can be very valuable to New Horizons. Huh, Lee suggested that action learning distinguishes itself from other learning methods in that necessitate learners to take actions centered on project outcomes. During implementing a solution based on data collection, and reflecting on the ramifications of their actions, the learners are given more opportunities for improvement through learning activities. This solution-based approach has many benefits it encompasses a multifaceted process and a higher level of participation from staff members [6].

The goal in the solution process is to enable staff to be able to collaborate with researchers, establish agendas, build solutions to opportunities for improvements they have identified, and improve their professional progression in an ethical method. The Glossary of Education Reform suggested evaluating our solution based on data collection [6].

We will guide the process by these five learning-centered questions:

- What do employees need to know?
- How will we know that they have obtained it?
- How will they acquire the learning?
- What is the next step if they didn't learn it?
- How will we enrich the learning if they already know it?

(These questions will be the focus during all phases of the online learning activities).

Evaluating the solution

Elwyn and Hocking suggested that a professional development plan (PDP) will only increase when a support system is established for general purposes to establish best practices. However, PDPs are only the beginning of the process. Practitioners should conceptually the uses of this approach as their chance to learn how to learn, to adopt the organizational guidelines, and develop an approach that can be reproduced for future challenges. PDPs will work best where there is effective leadership within an organization. The leadership team should be able to communicate the importance and relevance of the program [7-9].

Conclusion

Prostate cancer metastasis to the penis is rare and very few cases have been reported in literature. These metastases present commonly as nodules over the penis, followed by priapism, pain during erection and dysuria. The mode of metastasis seems to be either by direct invasion, implantation, haematogenous or lymphatic spread. A needle or wedge biopsy seems to be the definitive way to diagnose this lesion, as it allows histological and immunological confirmation of metastatic spread, and evaluation of the extent of invasion.. As a developing country Bangladesh is rapid growing by the urbanization and due to the case migration of population from rural to urban is the normal and ultimate nature. In Bangladesh, Sylhet city is one of the divisional headquarter and City Corporation along with a increasing proportion of population and unplanned rapid urbanization threatened by various social, cultural and environmental challenges belonging with poor management, inefficiency and lack of coordination among implementing agencies combined with insufficient financial resources which are aggravating the situation gradually.

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