

## Defining Your Goals—Making Shared Decisions in Surgical Bladder Cancer Treatment

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### Part 3 of 4

#### Dr. Kevin Chan:

Whenever we talk about this, there's a lot of variations of this analogy, but I use the Mercedes versus the Honda analogy, where the neobladder in the Indian pouch is the Mercedes and the ileal conduit is a Honda. I think people understand this. I think everybody knows a Honda is super reliable, will get you to where you need to go. They last forever, not a problem. The Mercedes is probably a little more fun to drive, a little fancier, some more bells and whistles, but maybe a little more expense.

Ultimately that expense with the Mercedes is the longer anesthesia time, the higher complication rate, and the longer recovery. I think when you see this analogy, if you're that 60-year-old guy, he's going to say, I want life just like I had it yesterday, and that would be the Mercedes. I think patients almost know. When you're in your 80s, most of the patients go, "Absolutely, I know I want the Honda."

I think for patients in their 70s, this analogy is the most helpful. It's like the healthy 70-year-old that's still working out and playing pickleball and those kinds of things, they're going to want the Mercedes. The patient that's maybe sedentary, maybe has a bad heart, bad lungs, and is at home most of the time, they're going to know, "Hey,

#### Mercedes vs. Honda

- **Mercedes:** Neobladder and Indiana pouch
- **Honda:** Ileal Conduit
- Greater expense with the Neobladder and Indiana Pouch
  - Longer anesthesia time (most significant in patients with multiple comorbidities)
  - Higher complication rate
  - Longer recovery (due to the metabolic adjustments from the reabsorption of urine)




you know what? I should probably have the Honda." I think this analogy honestly, I think helps patients put it into a little better perspective.

**Dr. Kevin Chan:**

Then finally, usually at the end, this is probably the most important question. I always ask patients, describe an amazing weekend. I want to know what brings you joy. I want to know what makes you tick, what gives you your life. It's my expectation that we will get you back to life as you know it, and you'll be doing the things that you care about.

### Patient Expectations

- What are the physical activities that are most important to patient?
  - Describe the "amazing weekend"
  - My expectation is that they will be doing all of this when their treatment is completed.
- Ensure that the medical treatment you chose best aligns with your goals of treatment
  - This will be different for each patient depending on their age and health
- Speak with a patient that has had one of the options you are considering.



So we need to figure out if the options you're considering align with these treatment goals and these ideals that you have after the surgery. I think that's the most important point of this discussion, is trying to find an option that's going to allow you to do all those things you want to do. We absolutely expect to cure you of your disease, so we need to make sure you're happy because we're going to be seeing you every year for the rest of your life.

Something that I think is super important as you're coming to this decision, not only using your doctor and your nurse coordinator as a resource, but I think talking to patients that had one of the options that you're considering can be incredibly valuable. I think it really shows you the light at the end of the tunnel. It helps you envision how your life would be like if you chose this particular option versus another.

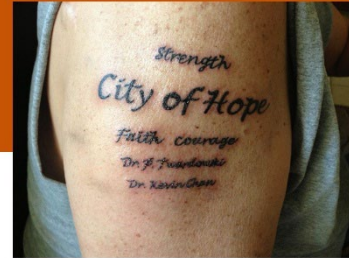
Part of the problem is that there's a choice at all. Sometimes people feel like they can make a wrong decision, but I really would say, I suspect there's probably multiple right decisions. I really feel like anybody could live with a conduit and really enjoy their lives. That being said, I think when you're young and healthy, I think we can get fancier and do even better and give you an even better quality of life most of the time.

So that's what I have. I'd love to open it up to questions.

**Dr. Kevin Chan:**

This patient, by the way, had an Indiana pouch. He was super happy and did really great with his Indiana pouch.

**Questions?**



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