Early post operative incontinence following transurethral resection of the prostate: Patients’ experiences - nurses’ tasks

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Transurethral Resection of the Prostate (TURP)

TURP =
Gold standard of benign prostatic hyperplasia (BPH) (Tan et. al., 2007)

Postoperative symptoms:
• Incontinence 3% (AUA Guidelines on BPH)
• Early postoperative incontinence (within 1 month)? 30-44% (Rassweiler et al., 2006, Rigatti et al., 2006)

➢ Gap of early postoperative data
➢ Gap of studies regarding how patients may be supported by nurses
Urinary Incontinence: “The complaint of any involuntary leakage of urine” (Abrams et al., 2002)
Pilot study 2007

• To evaluate nursing interventions regarding early postoperative dribbling
• 32 patients over 3 months
• 50% reported dribbling within the first week at home
• 20% got information about using incontinence supply
• Less awareness of incontinence problem following TURP than following radical prostatectomy

➢ Further study and practice development
Research Questions:

1. How many patients were discharged home dribbling urine after TURP?
2. How do patients experience this postoperative incontinence during the first week at home?
3. Were these patients given adequate information by nursing staff to deal with incontinence at home?
Mixed Method Design & Data Collection

Cross sectional, descriptive

1. Part: All men
   Prevalence of dribbling symptoms, quality of life & nursing interventions

   Patient Discharge
   Week 1-2
   Structured interview by telephone, using ICIQ
   Verbal informed consent

Qualitative content analyses

2. Part: Only incontinent men
   Experience of dribbling

   Written informed consent
   Week 3-4
   Interview open end questions by telephone
Sample & Setting

• November 2008 – October 2009
• Department of Urology, University Hospital of Bern
• 110 eligible men
  – 1\textsuperscript{st} Interview: 94 (N)
  – 2\textsuperscript{nd} Interview: 6 (N)
Results ICIQ-SF:

How often do you leak urine?

- Never: 65%
- Once a week: 2%
- Once a day: 7.5%
- Several times a day: 25.5%

Early urinary incontinence occurs to **33%** of the men once or several times a day.
Results ICIQ-SF:

How much does dribbling urine interfere with your everyday life?

<table>
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<th>VAS</th>
<th>0</th>
<th>1-3</th>
<th>4-6</th>
<th>7</th>
<th>8</th>
<th>9-10</th>
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<tbody>
<tr>
<td></td>
<td>15%</td>
<td>43%</td>
<td>36%</td>
<td>6%</td>
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VAS: 0 = not at all / 10 = a great deal

Urinary dribbling interferes with the quality of life among 85% of incontinent men.
Information from the nurses

77% got information about incontinence and wearing pads
Qualitative Results (N=6): Patients Experience

Before hospital stay
- Preparation for hospital stay

During hospital stay
- Nursing interventions regarding hospital discharge

After hospital discharge
- Incontinence experience
- Strategies to handle incontinence
Conclusions

• Prevalence of early postoperative dribbling following TURP is about 33%.

• 84% of these men state, that this incontinence interferes with their daily life.

• Educating and sensitising nurses helps to improve patient information regarding how to handle dribbling and incontinence problems at home.
Implications for nursing practice

• Inform all patient about possible dribbling
• Instruct them how to use incontinence pads
• Hand out written information regarding incontinence and wearing pads
Thank you very much for your attention

Questions?

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