

Life consequences after a Radical Prostatectomy (RP)

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Background

Prostate cancer is commonly treated with RP by either open or robotic surgery but side effects are urinary incontinence and erectile dysfunction, which give negative effects on the quality of life.

Objective/Aim

To investigate how men experienced the consequences after a RP with special focus on urinary incontinence and erectile dysfunction and how that has influenced their daily lives.

Method

A qualitative face-to-face interview study with 18 men ≥ 65 . The interviews were audio-recorded and analyzed with content analyze according to Burnard (1991). The study was approved by the ethical committee at Lund University

” I feel older and felt like my life was ending. I'm also limited to travel and I find it hard to look ahead. I'm sad about that and sometimes I feel bitter over my situation.

” There is nothing positive. My life is changed. But I don't think much about it anymore. I've accepted it.

” The life together with my partner has become different. You may think it's a part of life that has disappeared, but if you get to choose life or intimacy you rather choose life.

Findings

- Analyze produced five themes
- ▶ The price is paid for winning life
 - ▶ Fear of urine leakage
 - ▶ Love was changed to friendship
 - ▶ Sexual life as a lost
 - ▶ Sexual life a cost issue

Conclusion

After a RP the problems with erectile dysfunction influenced the men more than they expected and the urine leakage problems were better handled. For some men this meant not only a change in lifestyle but also affected their self-image.

” But sometimes I leak urine. When I sneeze or cough I can not hold it. But I can live with it.

” When I got the information at first, I didn't think so much about sex, but now I feel the judgment stronger. At that point it wasn't the first thing I thought about.

” Erection enhancers are horrible expensive! You get recipe but there are big costs. Maybe some men can not afford this which is a negative aspect.