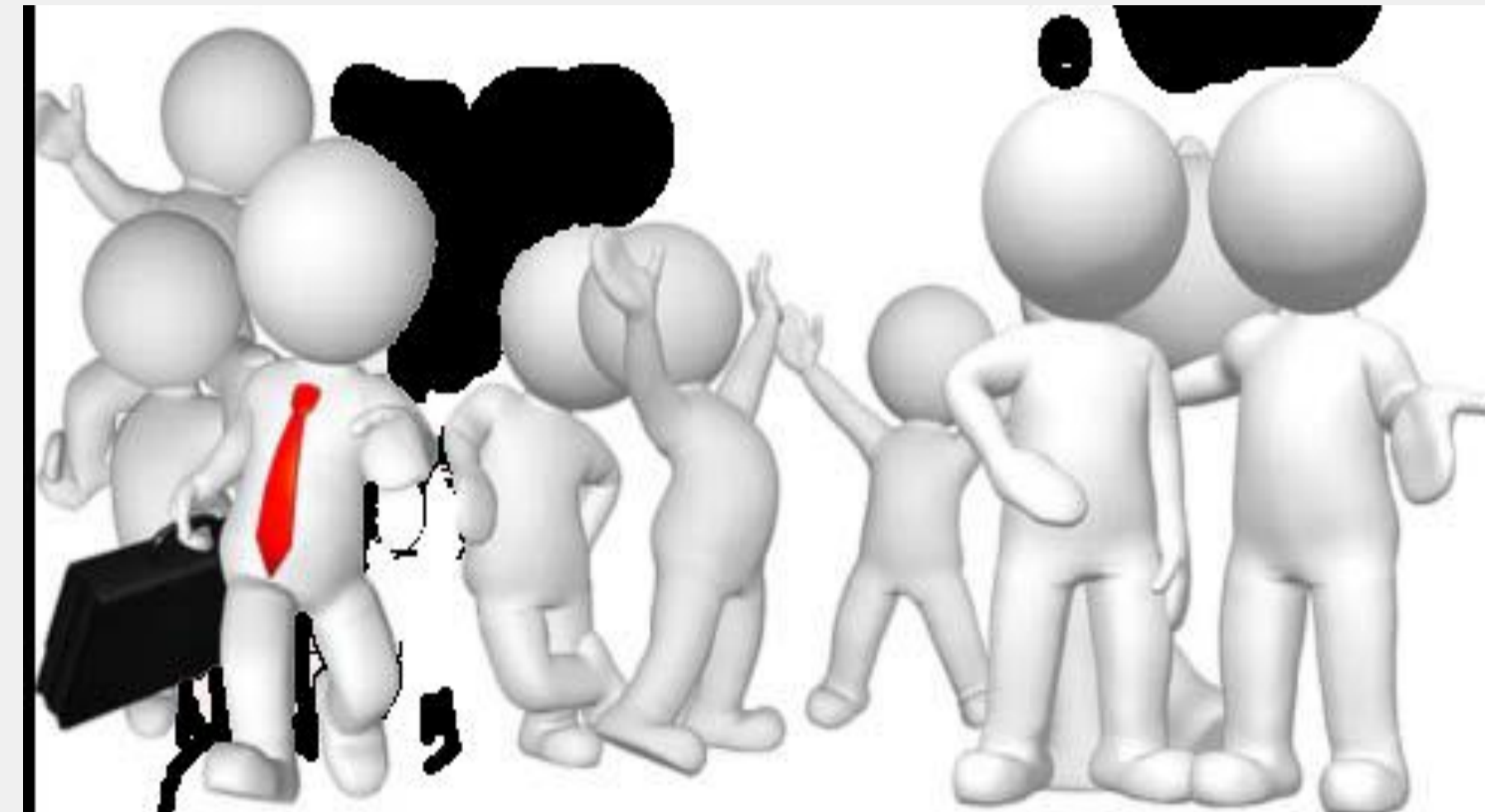


Introduction




Approximately 600 patients a year undergo robot-assisted radical prostatectomy (RALP) at our clinic. We aim at giving all of them a basic understanding of the anatomy in the pelvis, the surgical technique that is used, it's adverse effects on continence and erectile function and tools as how to deal with the situation. We go through pelvic floor exercises, incontinence pads and medical help for E.D. For the past 20 years we have been educating patients in groups. The information we give is based on the questions asked over the years.



Results

We have evaluated the patient's experience of this approach in a preparatory study. A questionnaire was handed out at the end of a session to all the participants in 7 groups.

Preparatory study 76 patients

-  > 31/38 patients pre-surgery and 36/38 patients post-surgery were happy with the method
-  > 7/38 patients pre-surgery and 2/38 patients post-surgery were indifferent to the method
-  > No one disliked the method

Method

We offer a pre surgery and a post-surgery lecture. Duration of session: 1,5-2 hrs. Numbers of participants: 6-12/group

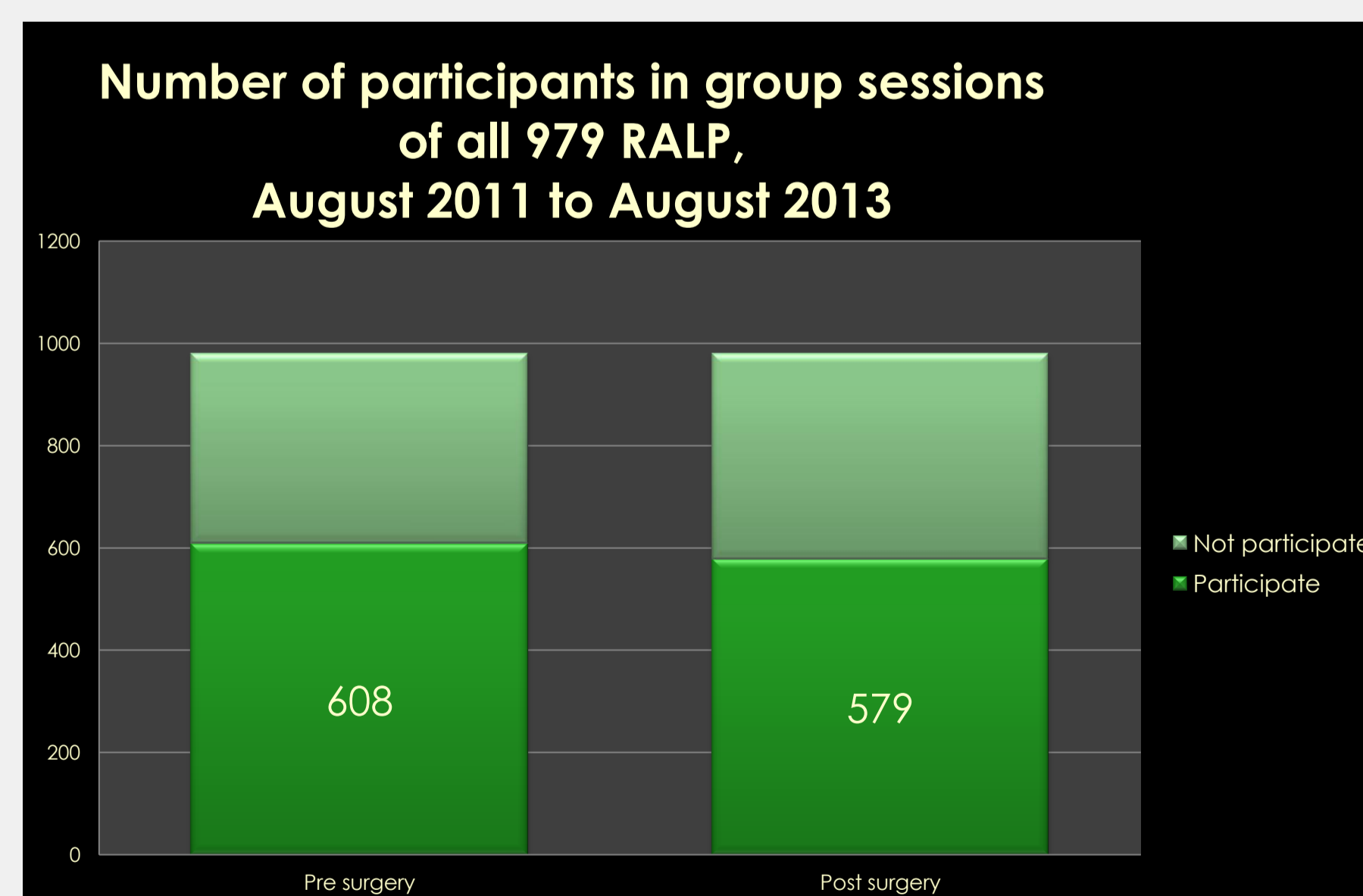
Pre-surgery session

The purpose of the lecture is to give the patient sufficient information so that he will feel as safe and well prepared for the process before and after surgery as possible.

Advantages: time-saving for us , beneficial to the patient.
 Disadvantages: A shy or scared patient might not come at all.
 Language barrier for non-swedish speaking patients.

Post surgery session

The purpose of the lecture is to give sufficient information so the patient can deal with his rehabilitation as effectively as possible.



Conclusion

Due to the volume of surgeries we cannot see any better way to fill the need for information given. We will continue to develop our approach to reach as many as possible of our patients. Some questions need to be addressed: Why do some not attend the group sessions? How do we reach everyone? Should we reach everyone? We would like to address these questions in a future study.

