

## Transrectal ultrasound guided biopsy of the prostate – Training document

The aim of this document is to complement the *EAUN Evidence-based Guidelines for Best Practice in Health Care - Transrectal Ultrasound Guided Biopsy of the Prostate*.

These pages can be downloaded to ensure that the practitioner has written evidence of assessment and competence in the various aspects of prostate biopsy.

It is strongly recommended that practitioners keep a log of all procedures performed with the opportunity to reflect on what went well and what might have to be improved.

The documentation should be kept in a safe place should it be required in the future.

Although any person proficient in undertaking the procedure independently may assess the various aspects of competence, final authorisation to undertake prostate biopsy should be obtained from the senior urologist.

Using the performance levels below the practitioner should achieve at least Level 3 on 20 patients before undertaking the procedure independently.

Performance Levels Results	
<b>Level 0</b>	Cannot perform this activity in the clinical environment but knows the key principles involved.
<b>Level 1</b>	Can perform this activity with constant supervision and some assistance.
<b>Level 2</b>	Can perform this activity with some supervision and assistance.
<b>Level 3</b>	Can perform this activity satisfactorily without supervision or assistance at an acceptable speed.
<b>Level 4</b>	Can perform this activity satisfactorily with more than acceptable speed and quality of work.
<b>Level 5</b>	Can perform this activity satisfactorily with more than acceptable speed and quality of work and with initiative and adaptability to special problem situations.

Performance Criteria			
Competency	Competence level	Assessor's Signature	Learner's Signature
Describe anatomy of the prostate			
Outline physiology of the prostate			
Outline vascular anatomy of the prostate			
Identify indications for biopsy			
Identify contraindications for biopsy			
Has basic understanding of ultrasound			
Prepare required equipment			
Ensure that assistants are aware of their role			
Determine appropriateness of the referral			
Identify any special risk factors			
Assess patient's fitness for procedure, including allergies			
Ensure informed consent is obtained			
Explain procedure and possible complications			
Describe the management of complications			
Ensure pre-procedure patient preparation is met (e.g., antibiotics)			
Apply infection control procedures			
Position patient correctly			
Protect privacy and dignity			
Maintain communication with patient			
Undertake digital rectal examination			
Insert the probe in the right manner			
Scan and identify prostate gland – locate apex, mid and base			
Identify the seminal vesicles			
Identify the verumontanum			
Identify the bladder			
Identify the urethra			

Identify iso-, hypo- and hyperechoic areas			
Take volume measurements			
Inject local anaesthetic into the peri-prostatic area			
Identify appropriate locations for biopsy samples			
Assess patient's tolerance throughout procedure			
Ensure adequate samples are taken for histopathology			
Identify patients that need additional samples			
Appropriately prepare samples for the laboratory			
Assess patients for immediate complications and take action as appropriate			
Assess patient's needs following the procedure			
Ensure patient is aware how to deal with any complications after discharge			
Assess patient's fitness for discharge			
Discard all used equipment appropriately			
Record details of the procedure in patient record			
Recognise when help is needed			
Being aware of keeping up to date with procedure			

<p>Assessor's name: .....</p> <p>Assessor's signature: .....</p> <p>City, Country: .....</p>
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## Declaration of competency to undertake prostate biopsy

I confirm that I have assessed ..... (name) to be competent at Level ..... at undertaking TRUS and biopsy of the prostate independently.

I am the senior urologist (or radiologist) and I am competent at assessing practitioners undertaking this procedure.

I expect the named practitioner to maintain their knowledge and skills in this procedure or to undertake a period of re-training and competency assessment if this should lapse.

Assessor's name: .....

Assessor's signature: .....

City, country: .....

Date: .....

I confirm that I have the necessary knowledge and skills to undertake this procedure independently.

I have been assessed as competent by a senior urologist (or radiologist).

I will maintain my knowledge and skills in this area and if they lapse I will seek a period of re-training and assessment.

Learner's name: .....

Learner's signature: .....

City, country: .....

Date: .....

Record of learning					
Date	Case no.	Urologist	Observed	Performed	Level

(print as many as required)

This document is an appendix to the 2019 edition of the **Evidence-based Guidelines for Best Practice in Urological Health Care - Transrectal Ultrasound Guided Biopsy of the Prostate** of the European Association of Urology Nurses and is meant to support training and daily practice of transrectal ultrasound guided biopsy of the prostate.

**Adapted from:**

Turner B., Pati J., Nargund V., Sahdev A. Training Programme for Nurse Practitioners. Transrectal Ultrasonography (TRUS) and Prostate Biopsy. Homerton University Hospital. United Kingdom. 2010. p1-26.

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**2019**

Appendix to ISBN 978-94-926-71066

Printed by Gld Print & Media

Arnhem - The Netherlands

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