

# Patient Education following Transurethral Prostate Resection and Radical Prostatectomy

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## Introduction:

- Postoperative urinary incontinence following prostate operations is usually associated with radical prostatectomy (RP) and rarely with transurethral prostatectomy (TURP).
- In our unit, there is a specialised nurse who supports all patients following RP in terms of teaching pelvic floor muscle exercises and educating them in the use of incontinence pads.
- Risk of incontinence is much lower after TURP. Therefore we don't offer this service to patients following TURP. Generally non-specialist nurses care for these men.

## Method:

- In-house training session for all nurses about incontinence following urological operations in October 2006 :  
Incontinence protection, patient education and advice.
- Patient interview within one week from hospital discharge by telephone during a period of 3 months.

## Aims:

- To find out if patients felt adequately educated and supported by nurses about incontinence problems.
- To identify if there were different approaches to nursing care by the specialist nurse and general nurses.

## Results:

- A total of 27 patients were recruited.
- RP:** 9 of 11 suffered urinary incontinence.
  - All felt well supported and educated about incontinence problems and were very satisfied.
- TURP:** 8 of 16 had dribbling of urine.
  - 3 of them had been informed about using incontinence pads.
  - 4 of the 5 uninformed patients would have preferred being given information before going home.

## Conclusions:

- Postoperative incontinence following TURP may be a frequent problem. Patients are poorly informed about how to deal with it.
- It is important for nurses to be well-informed about this problem and to have the skills to educate their patients on how to deal with incontinence problems at home.
- In patients following RP, it is advantageous to have a specialised nurse educating and supporting them.
- For patients following TURP, non-specialist nurses if appropriately trained could easily provide a similar service.
- Further research based on larger patient numbers is needed to acquire baseline information on early postoperative incontinence following TURP in order to both understand patients' attitudes and experiences as well as to develop intervention programs for the future.

