

PATIENT'S TEACHING IN THE EAST-TALLINN CENTRAL HOSPITAL UROLOGY DEPARTMENT



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Introduction & Objectives

Urology department have devoted more attention to teach patients how to cope at home. As hospital stays are shortened, in-depth patient's teaching has become an essential requirement. As a result, it's getting more and more common for those patients to stay home with treatment, catheter, epicystostomy, nephrostomy, urostomy and still requiring care regarding their surgical wound. Doctor's appointments showed that patients who have not received previously in-depth patient education, as well as patient information materials in written form, have encountered more problems with home treatment, and did not feel safe. Together with patients a support system was established to ensure a greater awareness about the care they need in order to increase their sense of security and thereby prevent the risk of infection.

Material & Methods

Informal feedback has been collected from patients about coping with homecare. Nurse/doctor appointments were used to evaluate the patient's coping with homecare and the potential need for further education.



Results

- The necessary information materials needed for patient's education have been analyzed
- A working group to put together patient's information materials has been created
- The right conditions for patient's private and individual instructions have been created
- Patient's support persons (e.g. family) have been involved
- Nurses have completed a patient's education training

Conclusions

The informal feedback about patients dealing with homecare has been collected. The way patients were coping with homecare was evaluated by the nurse admitting them as well as the need for further education. Conducting a more effective patient education based on materials and information sharing has improved patients' ability to cope with homecare, has reduced the number of infections and has increased patients' sense of security.