



The urostomy experience: Patient milestones and clinical perspectives

8th Course of the European School of Urology Nursing
15-16 November 2025, Prague, Czech Republic
www.eaun.org



Scientific Programme

Aims:

To enhance nursing knowledge, practical skills and competence needed to manage a urostomy effectively, ensuring optimal physical care and improved quality of life for individuals living with a urinary diversion/urostomy.

Objectives:

Upon completion of the course the participants will be able to:

- Explain the anatomy and pathophysiology of a urostomy
- Discuss the indications and types of urinary diversions
- Identify early signs of complications such as infection, skin irritation, stoma blockage, etc.
- Describe effective strategies to educate patient/caregivers on how to manage their urostomy, life style adjustment and improved quality of care
- Identify tools to enhance individual psychological support, promote self-care and independence

Target group:

This course is targeted to nurses who wish to enhance their knowledge and skills in assessing and managing patients with urostomies. This course will provide an overview of urological nursing care of urostomies including anatomy and pathophysiology, nursing management, complications, and troubleshooting. The psychological and social factors including quality of life implications of urostomies will be discussed using case studies and evidence based best practice.

Saturday, 15 November

12.30 – 13.00

Registration

13.00 – 18.00

DAY 1

Opening and welcome address – The story begins
t.b.c.

Module 1. Anatomy and pathophysiology
t.b.c.

- **Indications**
- **Types of urostomy: ileal conduit, neobladder, Mitrofanoff, Indiana pouch**
- **Advantages and disadvantages of different urostomies**

Module 2. Holistic care for patients with urostomy
t.b.c.

- **Prehabilitation, stoma siting**
- **Postoperative care of patients with urostomy**
- **Appliances and help devices for urostomy**
- **Adapting to altered body image**
- **Preparing for discharge home**

Module 3. Empowering patients to troubleshooting
t.b.c.

- **Patient and caregiver education: Different pathways for different stomas**
- **Proactive skin care and prevention of complications**
- **Prevention of urinary tract infection – tips and tricks**
- **Psychological support**

Module 4. Interactive clinical case studies: Small group discussion
t.b.c.

Questions & closing remarks
t.b.c.

Sunday, 16 November

8.30 – 13.00

DAY 2

Welcome – Navigating life with a urostomy (incl. quiz)

Module 5. The frontiers of individualised care
t.b.c.

- **Microbiomes of bladder / bowel**
- **Troubleshooting**
- **Tailored nutrition and medication**
- **Weight management**
- **Clothing and swimwear, exercise**

Module 6. Quality of life – the patient's point of view
t.b.c.

- **Living with urostomy and quality of life**
- **Urostomies during pregnancy**
- **Getting older with urostomy**
- **Sexual activity and body image**

- **Module 7. Workshop - interactive session**
Hands-on stations dedicated to appliances for urostomy, help devices, skin care, and clothing for practical demonstration, tips & tricks and troubleshooting

Evaluation & closing remarks
t.b.c.