Education of Patients Leaving the Hospital with Catheters Following Radical Prostatectomy

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Introduction:
- To reduce the duration of the hospital stay and costs, patients are often released after radical prostatectomy with an indwelling or suprapubic catheter. They have to manage the catheter in their daily lives at home.
- Patients need instructions on how to manage the catheters and how to recognize complications.
- There are no general rules on the ward on what kind of information or instructions should be given to the patients.
- The quality of patient education depends on the knowledge and competence of the responsible nurse.
- Nurses have to deal with the increasing need for patient education while at the same time the duration of the hospital stay is reduced.

Method:
- The question was: “When being released from the hospital with indwelling catheters, what information and instructions do patients need from the nurses before discharge?”
- We researched the following topics: indwelling catheter, counselling, patient education, discharge and discharge management.
- Finally, the results of the literature research were compared to the analysis of one patient case.

Objectives:
- To find out what kind of skills patients have to train and what kind of information and counselling patients need to handle the catheters independently and safely at home.
- To provide uniform and complete education.
- To simplify patient education for nurses.
- To improve the quality of patient education.
- To decrease complications associated with the catheter at home.

Results:
- Educational and training needs of patients can be classified in the following categories:
  - Acquirement of skills concerning the handling of the drainage.
  - Acquirement of knowledge to prevent complications and react adequately to potential problems.
- The results are presented as an educational checklist (Tab. 1) which includes the risks and possible complications which can occur due to the indwelling and suprapubic catheters at home as well as the skills needed to handle the catheters. The checklist has been complemented so that it can be used to educate patients with nephrostomies as well.
- Provision is made for the checklist to be established in the department and to have the nurses trained in its application.

Conclusion:
- Systematic and standardized procedures heighten efficiency and quality:
  - Patient education is simplified (for nurses).
  - Patient education is improved in a uniform / standardised method.
- It is expected that the introduction of the checklist will have the following effects:
  - Standardisation of the procedures: Each patient receives the same information and training.
  - Patients handle the catheter safely at home so that complications will be rare.
  - Promotion of quality assurance.

<table>
<thead>
<tr>
<th>Tabl. 1</th>
<th>Educational Checklist for Discharge with:</th>
<th>Knowledge</th>
<th>Skills</th>
<th>Independent Skills</th>
<th>Instructions about Catheter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indwelling Catheter</td>
<td>Knowledge</td>
<td>Skills</td>
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<td>Knowledge</td>
<td>Skills</td>
<td>Independent Skills</td>
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<td>Nephrostomy Tube</td>
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- Acquiring the knowledge and skills necessary for the safe and independent handling of the catheter at home.
- Promoting patient safety and comfort.
- Improving the quality of patient education.
- Reducing complications associated with catheters.
- Simplifying patient education for nurses.

- Method of catheter handling.
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