

# Early post operative incontinence following transurethral resection of the prostate: Patients' experiences - nurses' tasks

 **INSELSPITAL**

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European Association of  
Urologic Nursing

Annual Congress Vienna 2011



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# Transurethral Resection of the Prostate (TURP)

TURP =

Gold standard of benign prostatic hyperplasia (BPH) (Tan et. al., 2007)

Postoperative symptoms:

- Incontinence 3% (AUA Guidelines on BPH)
- Early postoperative incontinence (within 1 month)?  
30-44% (Rassweiler et al., 2006, Rigatti et al., 2006)

- Gap of early postoperative data
- Gap of studies regarding how patients may be supported by nurses

# Urinary Incontinence: “The complaint of any involuntary leakage of urine” (Abrams et al., 2002)



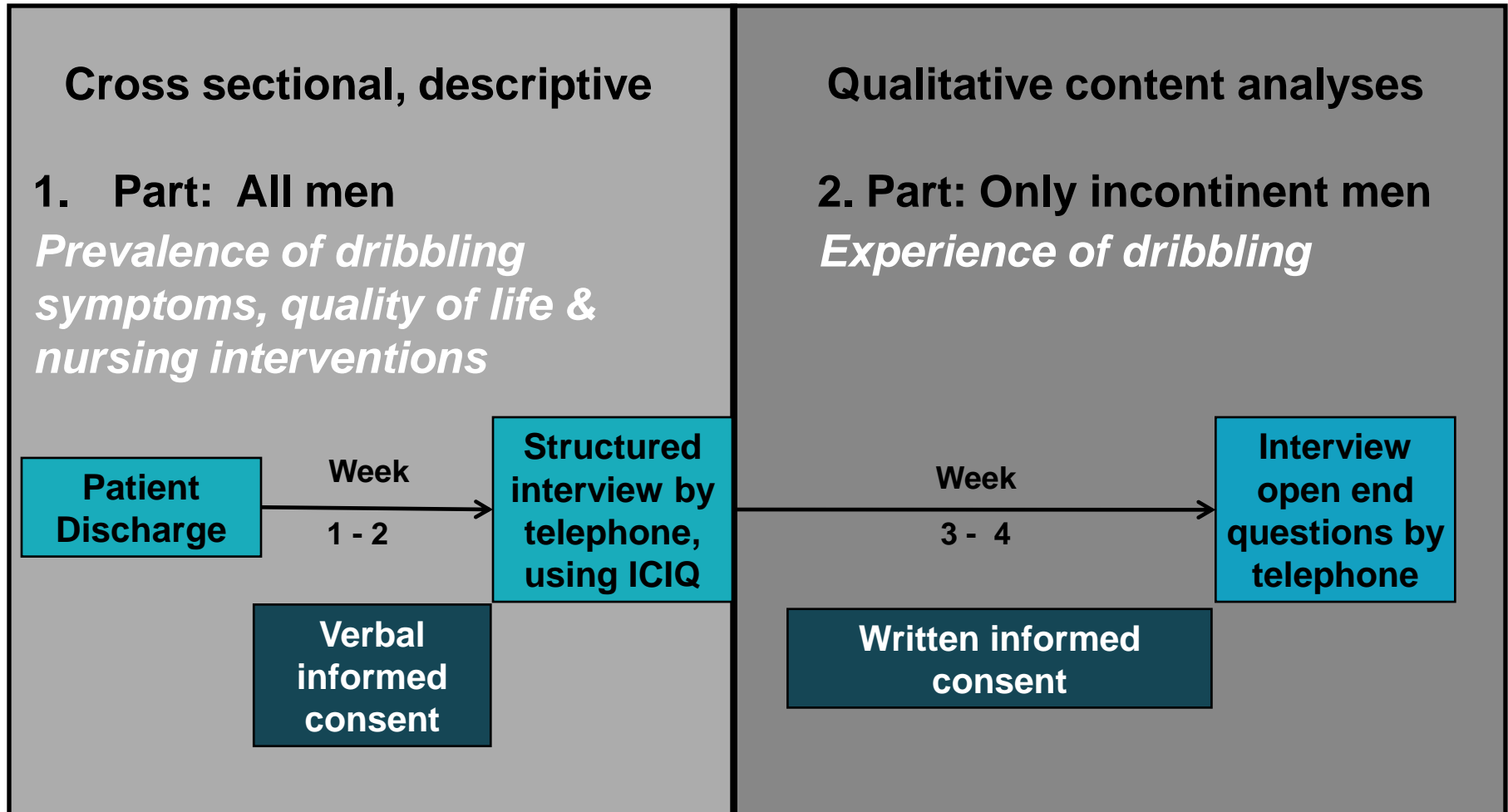
## Pilot study 2007

- To evaluate nursing interventions regarding early postoperative dribbling
  - 32 patients over 3 months
  - 50% reported dribbling within the first week at home
  - 20% got information about using incontinence supply
  - Less awareness of incontinence problem following TURP than following radical prostatectomy
- Further study and practice development

## Research Questions:

1. How many patients were discharged home dribbling urine after TURP?
2. How do patients experience this postoperative incontinence during the first week at home?
3. Were these patients given adequate information by nursing staff to deal with incontinence at home?

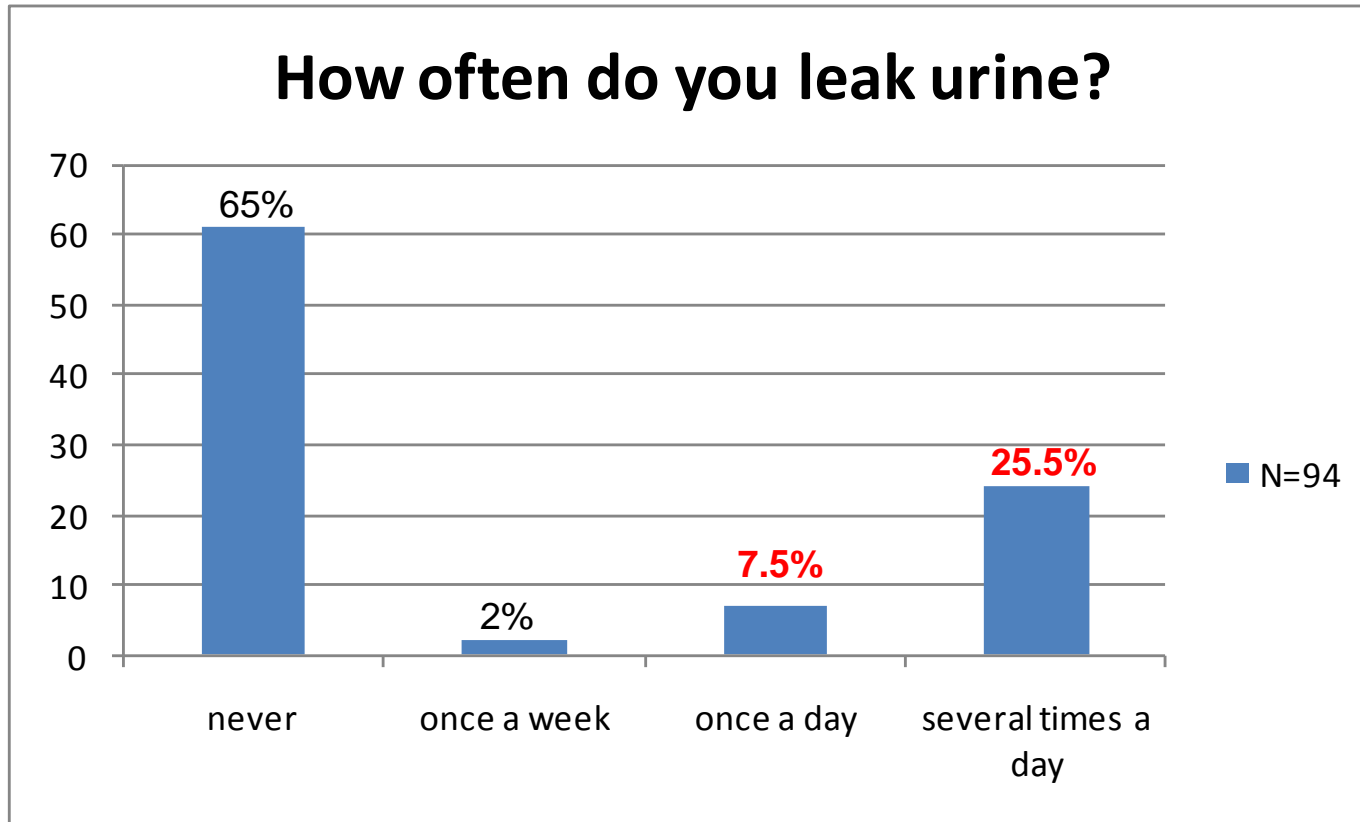
# Mixed Method Design & Data Collection



# Sample & Setting

- November 2008 – October 2009
- Department of Urology, University Hospital of Bern
- 110 eligible men
  - 1<sup>st</sup> Interview: 94 (N)
  - 2<sup>nd</sup> Interview: 6 (N)

## Results ICIQ-SF:

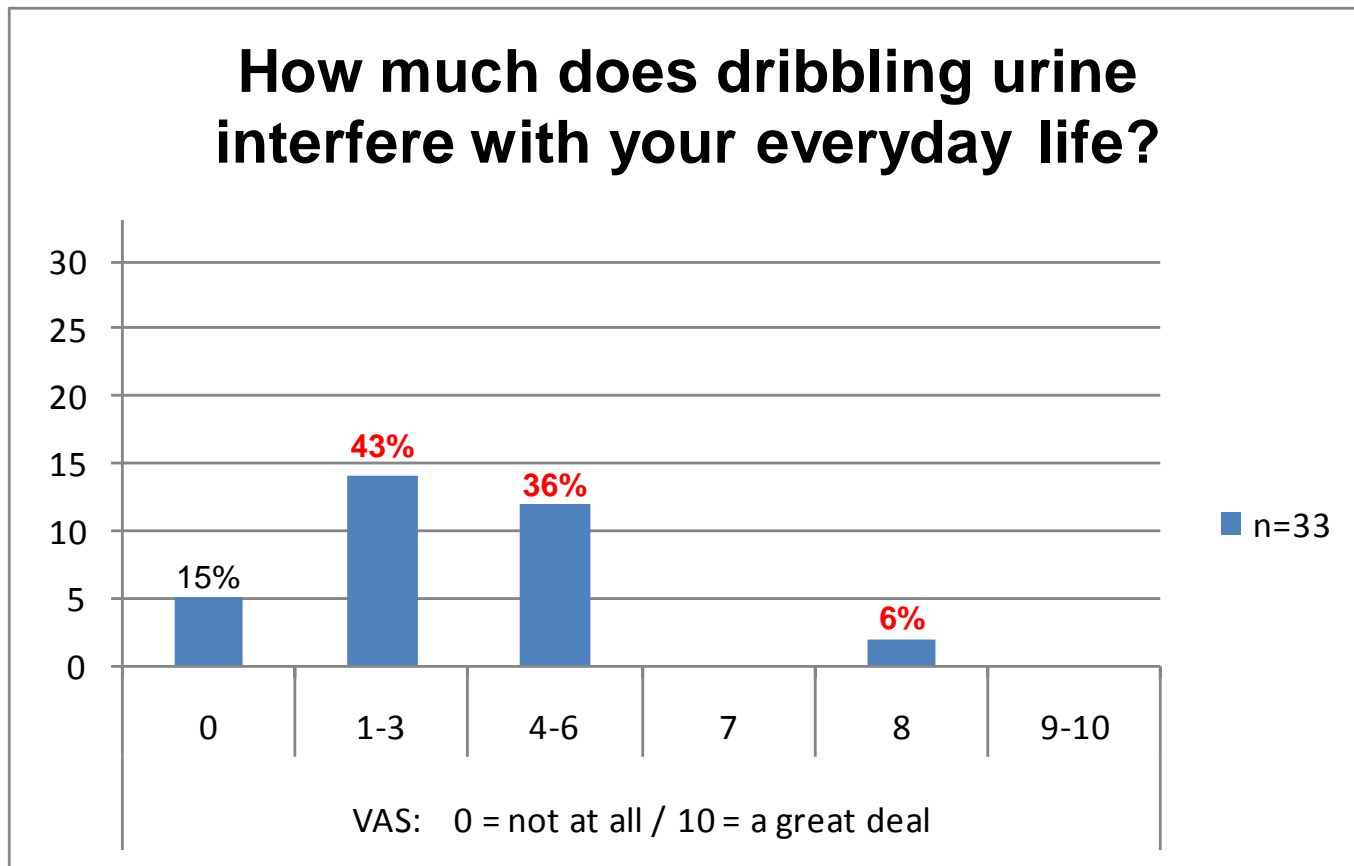


Early urinary incontinence occurs to

**33%** of the men once or several times a day.



## Results ICIQ-SF:

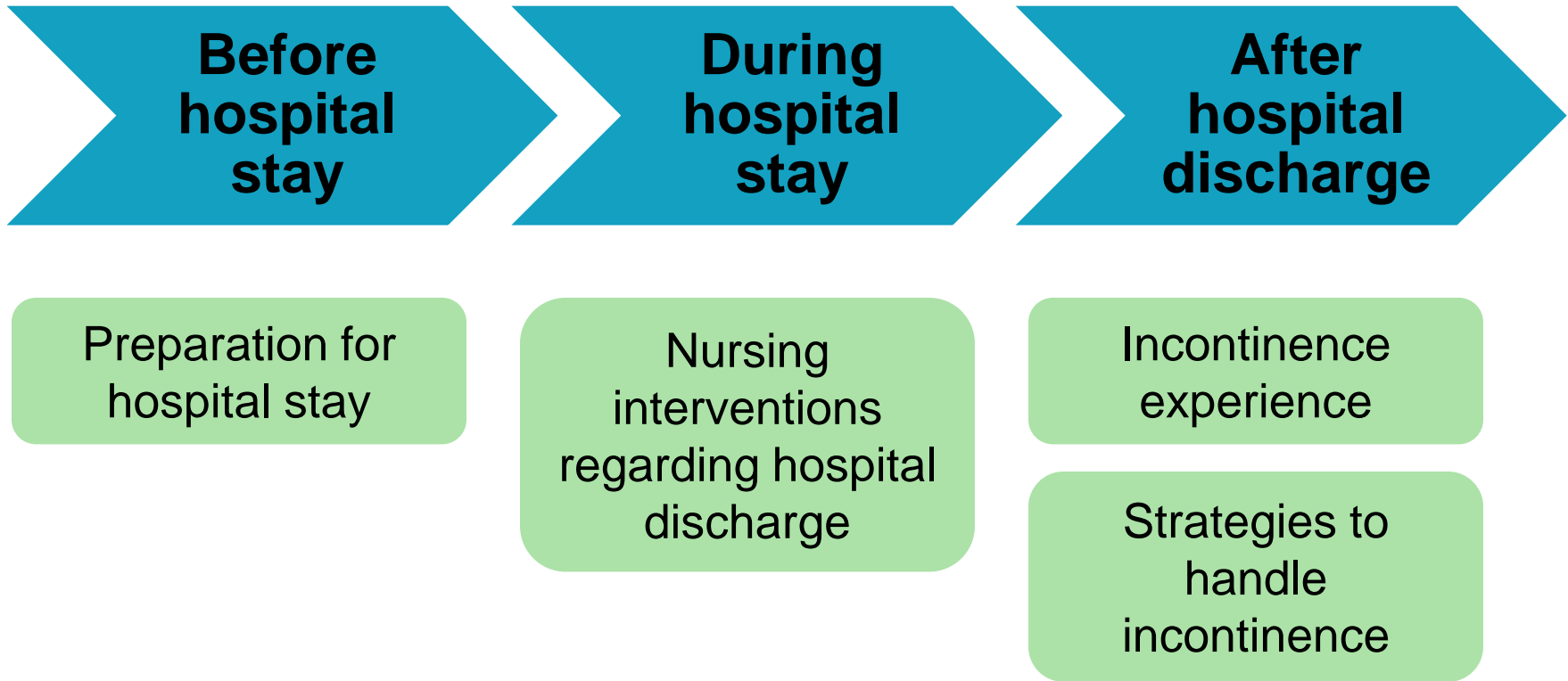


Urinary dribbling interferes with the quality of life among **85%** of incontinent men.

## Information from the nurses

**77%** got information about incontinence and wearing pads

# Qualitative Results (N=6): Patients Experience



# Conclusions

- Prevalence of early postoperative dribbling following TURP is about 33%.
- 84% of these men state, that this incontinence interferes with their daily life.
- Educating and sensitising nurses helps to improve patient information regarding how to handle dribbling and incontinence problems at home.

# Implications for nursing practice

- Inform all patient about possible dribbling
- Instruct them how to use incontinence pads
- Hand out written information regarding incontinence and wearing pads

**Thank you very much for your attention**

**Questions?**

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