Preoperative teaching and information by urologic nurses to patients scheduled for robot-assisted radical prostatectomy

Problemstilling  At Oslo University Hospital, department of urology, Aker, about 220 patients are treated per year with robot-assisted radical prostatectomy. One year after the operation 4-5 % have urinary incontinence. About 50 % of the patients who have had a nervesparing procedure suffer from erectile dysfunction (Eri et al 2007). In Norway hospitals are obliged by law to provide information and guidance to patients and their close relatives. As of 2001 our clinic in collaboration with patient organizations have offered courses for patients suffering from prostate cancer. Surveys showed that the participants found the courses very helpful, but many expressed that they would have wished to receive more information before their operation. This feedback inspired the staff to establish patient teaching and information by a urologic nurse as part of the preoperative routine, in addition to the information given by the urologist.

Metodisk tilnærming: The teaching lasts for about one hour with focus on:
Continence mechanism, pelvic floor muscle exercises, the operation, indwelling catheter, orgasm and ejaculation, erectile function, dysfunction, postoperative treatment, activity and follow-up.

We have started a study how well our total teaching and information correlates with the patients experiences postoperatively. This study is supported by the Norwegian Cancer Society.

Hovedfunn/resultater  The patients are very satisfied with the preoperative teaching and information by the urologic nurses. They say that this is both important and necessary in addition to the information given by the urologist. The teaching and information by urologic nurses are established as part of the preoperative routine.