



# KOWLOON WEST CLUSTER



# 九龍西醫醫院聯網



## A Nurse Clinic

doing simple urology investigations can help  
Primary Care physician to manage LUTS symptom in community

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### Introduction:

**Lower urinary tract symptom (LUTS)** is the most common disease managed by the urologist. However, most of these patients can be managed in the general practice if simple urology investigations available in the family medicine practice. In year March 2010, we have established a **nurse clinic** in the Ha Kwai Chung Family Medicine Clinic and responsible to do **IPSS questionnaire**, **uroflow study** and **ultrasound bladder residual urine volume** for patients presented with LUTS symptom.

### Objectives:

To review the effectiveness of nurse clinic doing simple urology investigation in helping primary care physician in managing LUTS patients.

#### 1. At Home



**國際前列腺徵狀評分表 (I-PSS)\*\***

國際前列腺徵狀評分表 (I-PSS) 是一份自我評估問卷，可用來幫助你和醫生評估你的前列腺病徵有多嚴重。請根據你的情況回答以下7條問題並圈出相應的分數。

姓名： \_\_\_\_\_ 日期： \_\_\_\_\_

姓名：	無	少許	中等	多	極多	合計
1. 排尿不滿 在過去一個月中，你是否經常有未能排淨尿的感覺？	0	1	2	3	4	5
2. 尿頻 在過去一個月中，你是否經常在排尿後兩個小時內又尿小便？	0	1	2	3	4	5
3. 尿急 在過去一個月中，你是否經常在排尿時尿急到難以控制？	0	1	2	3	4	5
4. 尿急 在過去一個月中，你是否經常感到“尿急”有困難？	0	1	2	3	4	5
5. 尿流無力 在過去一個月中，你是否經常有尿流無力的症狀？	0	1	2	3	4	5
6. 尿流無力 在過去一個月中，你是否經常感覺尿力才能開始排尿？	0	1	2	3	4	5
7. 夜尿次數 在過去一個月中，你晚上起來小便的次數是：	0	1	2	3	4	5

IPSS 總評分

總評分結果： 0-7分為輕微症狀，8-19分為中等症狀，20-35分為嚴重症狀。

根據總分以你生活質素評分

總分	好	滿意	尚可	不滿意	不愉快	很糟糕
0-7	0	1	2	3	4	5, 6, 7

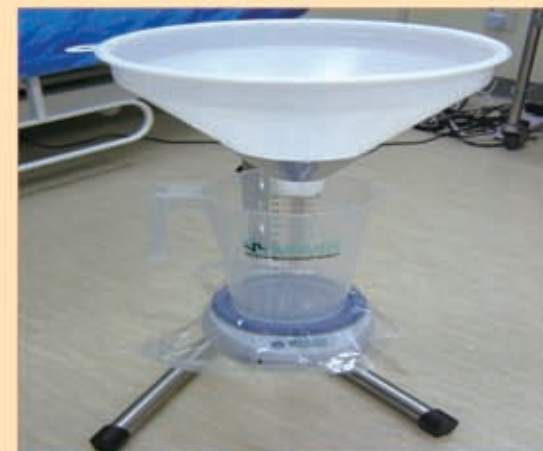
請與你的醫生討論本問卷的結果及查詢更多前列腺增生的相關資訊。

(i) IPSS questionnaires were sent to our patients and filled in at home. The patient visited the nurse clinic 2 weeks before the doctor consultations.

#### 2. Nurse Clinic



(ii) In nurse clinic, the nurse check and verify the questionnaire

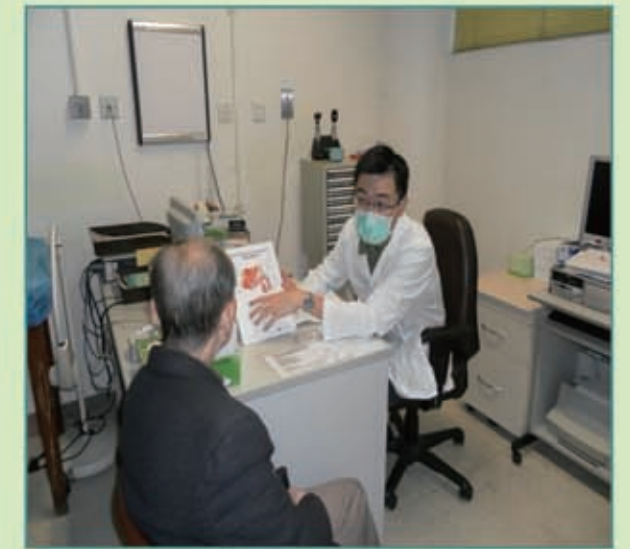


(iii) Perform uroflow study

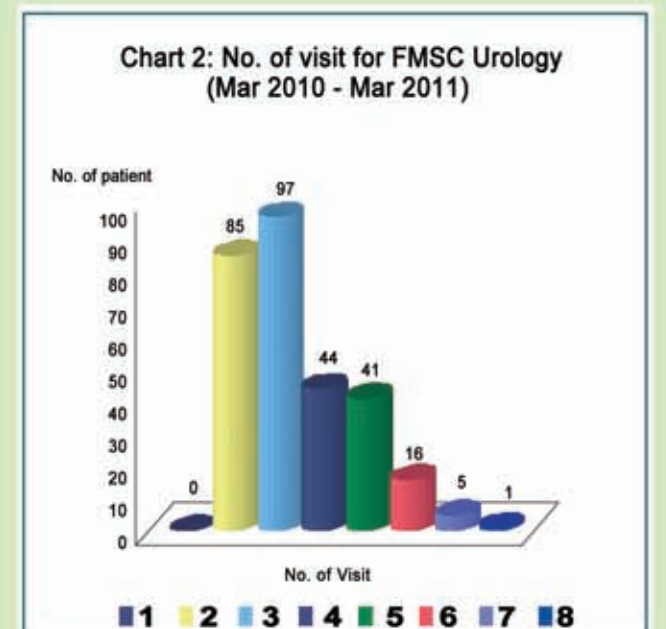
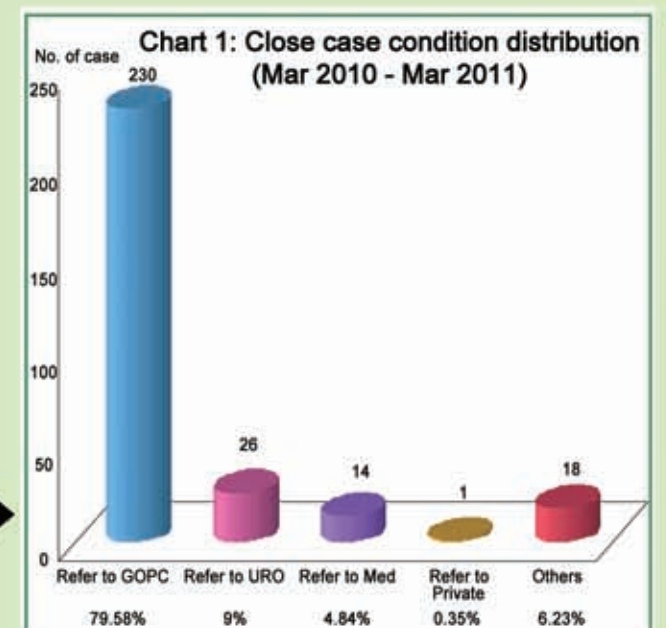


(iv) Measure residual urine using Ultrasound

#### 3. In Doctor Consultation



v) Doctors consultation: Manage the patient based on the information of nurse clinic



### Methodology:

A total of 421 patients are referred from Ha Kwai Chung FMSC Urology to nurse clinic for uroflow study and measure of post voiding bladder residual urine using ultrasound machine. By using the investigations result, 263 (91%) out of 289 patients (total number of cases closed) triaged from the Specialty of Urology can be managed by the primary care physicians without referred back to the Specialty of the Urology. (Chart 1) Most of the patient case closed after follow up within 3 sessions. (Chart 2)

### Conclusion:

The nurse clinic set up in primary care doing simple urology study can help primary care physicians to manage patient presenting with LUTS symptom and reduce referral.