



**Service Priorities and Programmes**  
**Electronic Presentations**

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**Evolution of care for patients undergoing Transurethral Resection of Prostate**

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Nurse Clinic

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**Introduction**

Transurethral resection of prostate (TURP) is the most common elective surgery in Hong Kong. There are about 3000 operations performed in HA hospitals each year. United Christian Hospital is one of the major urology centre and providing 270-300 TURP each year. Highly demanding services with limited manpower of urologists, shared care and collaboration with urology nurses are the way to go. Our unexpected journey started from the SARS crisis. Preoperative & postoperative nurse clinics were setup in 2003 and 2010. Nowadays, urology nurse clinics serve 900 visits per year for this patient group.

**Objectives**

To evaluate the efficacy of urology nurse clinics in preoperative and postoperative care for TURP patients.

**Methodology**

A retrospective study was conducted in this urology nurse clinic from April 2012 to March 2013. Patients was scheduled to attend the urology nurse clinic two weeks before and six weeks after the TURP operation. The urology nurses will provide the preoperative and postoperative care to the patients. Health assessment, appropriate nursing intervention and lifestyle modification were advised.

**Result**

There were 245 elective TURP surgery done in year of 2012-2013. Age ranged from 55 to 97 years old (mean 76.3). 178 (72.7%) patients attended our preoperative clinics. 14 (0.57%) TURP were cancelled by patients or urology nurse, either because they were satisfied with their current urinary symptoms or their medical condition was unfit. 213 (87%) patients attended our urology nurse clinic after TURP, mean follow up was 1.9 times. 32 (13.1%) patients were diagnosed to have Ca Prostate incidentally, the urology nurses then arranged an earlier follow up to see the urologists for further management. 72(29.4%) patients did not attend the Doctor's Clinic and 100(40.8%) patients were discharged from clinic after one visit. Only 73(29.8%) patients need long term follow up for other urology problems. Conclusion Urology Nurse Clinic is efficient in caring the patients with prostate surgery. It provides quality patient management for a focused-group of patients. Patients reported it reduced stress and enhanced

positive feeling towards the operation. It also reduced the number of patients who failed to attend or were unfit for surgery. It can help the patients to manage his urinary symptoms after TURP and also reduce the postoperative complication. In the future, with the shared care and the extended role of experienced urology nurses, routine postoperative follow-up (Dr. Clinic) after TURP may not be required.