



Service Priorities and Programmes Electronic Presentations

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Submitting author: Ms M S YIM

Post title: Nurse Consultant, Princess Margaret Hospital

Nurse-led specialty clinic for managing patient with nocturia

Yim MS(1), Leung CYJ(1), LiWK(1), Dr LamYCT(1)

(1) Division of Urology, Department of Surgery, Princess Margaret Hospital

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Introduction

Nocturia has significant impact on sleeping and quality of life. Also, night-time frequency may increase risk of fall.

Objectives

Nurse-led nocturia clinic in PMH aims to provide professional patient assessment, education and lifestyle modification for nocturia patients. Those patients appropriate for medical therapy would be referred to urologist for further management

Methodology

Patients are referred from nurses, doctors and family doctors in Kowloon West Cluster. The clinic is designed to handle patients who are

- Nocturnal void at least 2 times in consecutive three days
- Able and willing to complete bladder diary

For those patients who are suffering from urinary tract infection, chronic pelvic pain syndrome or other urological diseases, they will be managed by doctors in urology special out-patient clinic instead.

Urology specialty nurse would assess each patient with interval assessment including

- 1st week- education on drinking pattern, bladder training and lifestyle modification
- 2nd week- assessment on patient's symptoms improvement, initiation of medical therapy for suitable patient with concurrent urologist assessment
- 5th week- monitoring on patient's symptoms progress and drug compliance

Result

Between January to August 2016, there are total 50 new cases and over 150 patient visits.

More than 50% of patients get symptoms improvement after counselling and behavioural

modification. For the rest of the patients, they show good compliance in medication with

significant reduction of nocturnal void volume and number of void.
Nurse-led nocturia clinic provides holistic and individualized patient care for nocturia patients with significant positive effect on relieving their symptoms.