

'HORSES FOR COURSES'

Why Holistic assessment & patient choice of product is essential in ISC

1

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Benefits of ISC

3

- Maintains body image
- Promotes independence
- Increases morale and self esteem
- Reduces dependence on health professionals
 - Maintains sexual function
 - Improves quality of life
 - Lower risk of infection
 - Retains bladder capacity
 - protects renal function
 - Allows normal function

Limitations of ISC

4

May not be possible in those with:

- Profound physical disabilities or poor manual dexterity.
- Psychological barriers to using technique.
 - Small bladder capacity.
 - Inadequate urethral pressure.

*PERCEIVED ADVANTAGES OF ISC MUST
OUTWEIGH THE PERCEIVED
DISADVANTAGES*

ISC – is it the right choice for the patient

5

- Advantages of ISC well known. But...
- Are there any psychological barriers?
- What are the patient's clinical and social needs?
- Which of the medical devices available best meet those needs?
- What are the patients physical capabilities e.g. manual dexterity?/mobility?
- What are the patients sensory capabilities e.g. vision and hearing?
- What is the patients ability to understand and remember?
- Are we teaching a carer?
- What are the patients expectations?
- What support will the patient need?
- where best to teach ISC?
- How often should they be reviewed?

What is the clinical indication for ISC?

6

- Enlarged Prostate
- Bladder neck stenosis
- Urethral Stricture
- Detrusor dysfunction/failure/insufficiency
- Following treatments for Stress incontinence (TVT)
- Following treatments for Urge incontinence (Botox)
- Post operative bladder reconstructive surgery

NO SINGLE CATHETER...



Consider...

How rigid/ How flexible?

Ease of use?

catheter preparation

Is a Tiemann/ Coude tip required?

Carrier size?

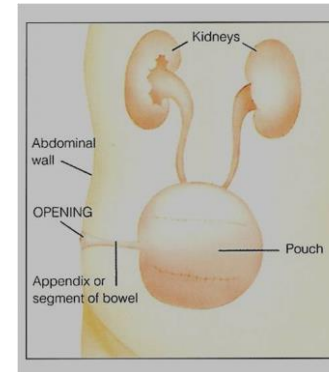
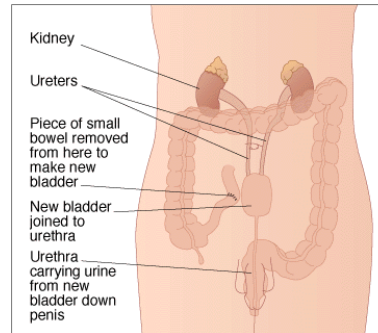
Bladder washouts?

Length of catheter?

Protective tip?

Lifestyle?

Is discomfort an issue?



Augmentation or Bladder Reconstruction

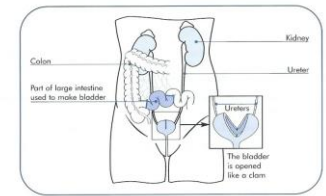


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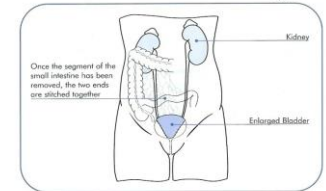
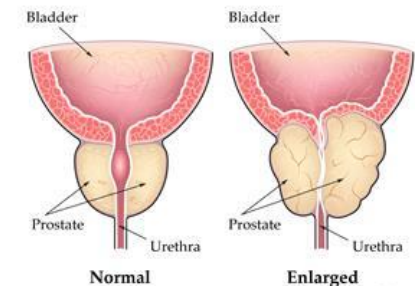
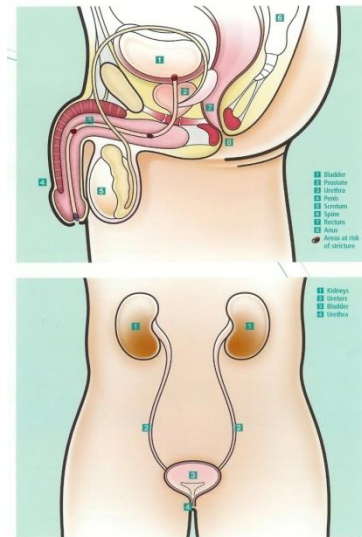


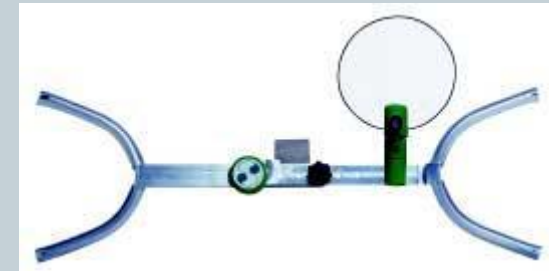
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Add an Aid!

8

- individual assessment

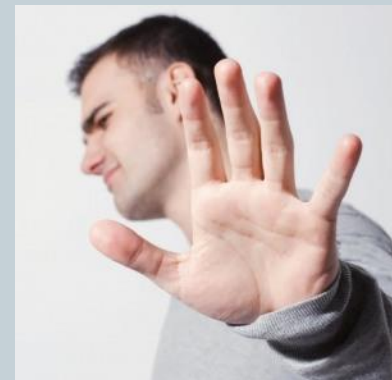


Compliance and Adherence issues- what we know from the literature. Major themes. Van Achlerberg et al 2010

9

- Stress – prevents learning and retaining information. Mastering ISC therefore compromised
- Fears- that they would harm themselves, incontinence, losing what function they had.
- Self efficacy- negative feelings, self doubt especially in trying to incorporate ISC into daily life
- Social Interaction- younger people skipped ISC to go out, older people strove for maximum adherence so avoided going out!
- Self image- the sick role, highlighting impairment
- Support- not enough. felt needed re evaluation, didn't want to bother the Nurse.
- needed solutions to incorporate ISC into lives

- **How do we ensure long term compliance? Review!**



Factors affecting choice?

10

- Being up to date with new products and improvements in old products. Features and Benefits of all the products
- Awareness of restricted local community formularies where Specialist Urology Services have not been involved in decision making.
- Challenge negative decisions by GP's who do not have the knowledge of products. Also those who restrict prescriptions.
- Remind GP's that restrictions and lack of availability will undoubtedly lead to increased costs. Due to complications
- Remember that the drug Tariff is the guide and patients have rights to access.
- **Essential that patients can access the best devices which are best suited to their needs UUGC 2011**



Conclusion- Barriers to successful ISC

11

- Lack of understanding of the importance of the procedure, lack of knowledge of how their body works
- Nature of the particular condition i.e. mobility, tiredness
- poor initial contact and training
- Lack of ongoing support and encouragement
- Physical and psychological barriers
- Fear of the risks of ISC
- Difficulty in accessing the correct product in an unrestricted and timely manner
- Losing touch with the Service

Many Thanks for listening!

12



References

13

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