

CATHETER FACTS: A WEB BASED PATIENT INFORMATION ON CATHETER TREATMENT

Hypothesis / aims of study

Bladder outlet dysfunction affects a large group of patients. The symptom might have different backgrounds, following neurological diseases and injuries, prostatic enlargements or a complication after childbirth. If the causal factor cannot be treated the first line management is practising different techniques for voiding. As a second line treatment option a catheter is used to empty the bladder. Three types of catheter treatment are used, clean intermittent catheterisation (CIC) or indwelling catheter either through the urethra or as a suprapubic catheter. All catheter treatment types can have a negative effect on both personal integrity and quality of life of the patient. It also significantly increases urinary tract infections, consumption of antibiotics and development of resistant bacteria. There is also an increased risk for trauma on the urethral tissue.

To empower patients to take an active part of their self-care to possibly avoid unnecessary complications and increase their quality of life, it is important that they themselves and their relatives have access to current knowledge about their catheter treatment to make informed decisions.

The aim of the website www.kateterfakta.nu (Swedish for "catheter facts") is to provide a web based educational platform containing current evidence and relevant information about CIC, indwelling urethral catheter and suprapubic catheter primarily to patients but also their relatives, being relevant for health care providers.

The aim is also to give patients but also their relatives an opportunity to learn about and compare different catheter treatments.

Study design, materials and methods

Adequate and relevant information about CIC, indwelling urethral and suprapubic catheter was gathered and summarized by a group of urotherapists and other specialists working in the area. Additionally, a work-shop with patients undergoing different types of catheter treatments, representing patient organizations in Sweden, was performed to understand what specific content was of interest and help for the target group. Before publishing the ready web site was tested by the work-shop participants.

Results

With the headlines "Catheter Treatment", "Devices", "Living with Catheter", "Care" and "Problem and Risks" the information is given parallel of CIC, indwelling urethral and suprapubic catheter, easy to click in between. An additional chapter contains explanations of different terms relevant to catheter treatment.

www.kateterfakta.nu was published 20th March 2017. Within one week there had been 1 300 visitors to the website.

Interpretation of results

The large number of visitors in a short time indicates an accumulated need for the developed educational material.

Concluding message

Using kateterfakta.nu to get information of your treatment, help to handle everyday life, information on a variety of devices, advice about risks and problems as well as knowledge of alternative treatments – might well have an impact on empowerment and quality of life and decrease the number of complications. Further studies need to be done to ensure the interpretation and concluding message.

Disclosures

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