A comprehensive preoperative counselling and education program to enhance post-operative recovery on patients after radical cystectomy and ileal conduit

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Introduction & Objective

- **Bladder cancer (BC)** is a **malignant neoplasm** affecting the lining of urinary bladder.

- BC is the **19th commonest cancer & 16th leading cause of cancer deaths** in Hong Kong.

- **Radical cystectomy** with pelvic lymph node dissection remains the standard treatment for patients with muscle invasive bladder cancer.

- **In the past**, patients after radical cystectomy and ileal conduit had to **stay in hospital for more than 2 weeks** before they can go home.

- In order to enhance the postoperative recovery, a **comprehensive preoperative counselling and education** will be provided to both patient and his / her significant others at least 3 weeks before surgery.
The preoperative counselling and education including:

1. Detailed explanation on operation;
2. Application of an urostomy bag over patient’s right lower abdomen for trial;
3. Introduce an ex-patient to share his/her current condition after surgery;
4. Provide information on the Stoma Association for mutual support among the patients’ support group.
A video demonstrating on how to self-care the ileal conduit at home would be shown to patient and family before surgery.

Refer to dietitian for optimizing the nutritional status before surgery.

A hotline is provided to patient for any enquiry preoperatively.
Results

- From January 2017 till September 2018, we had 24 patients undergone radical cystectomy and ileal conduit in our hospital.
- 16 males and 8 females, mean age at 67.
- About 91.7% patients were discharged from hospital on post op day 7-8.
- Only 2 patients (8.3%) required to stay in hospital for more than 2 weeks due to post-operative ileus and placement problem.
- All patients had follow up at urology nurse clinic for ileal conduit care till the end of their life.
Conclusion

- The comprehensive preoperative counselling and education is crucial to help our patients and their significant others to go through the traumatic journey of radical cystectomy and ileal conduit.

- By providing the preoperative counselling and education, patients could well-prepared themselves before the surgery and achieve the greatest support not only from the healthcare professionals but also the patients’ support group.

- Ultimately, it could enhance the post-operative recovery on our patients.
Thank you!
Question & Comment are welcome.