

# 20 MINS

## OF STOMA NURSE TIME

### = 1 STRESS FREE WEEKEND

# FOR THE PATIENT

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## INTRODUCTION

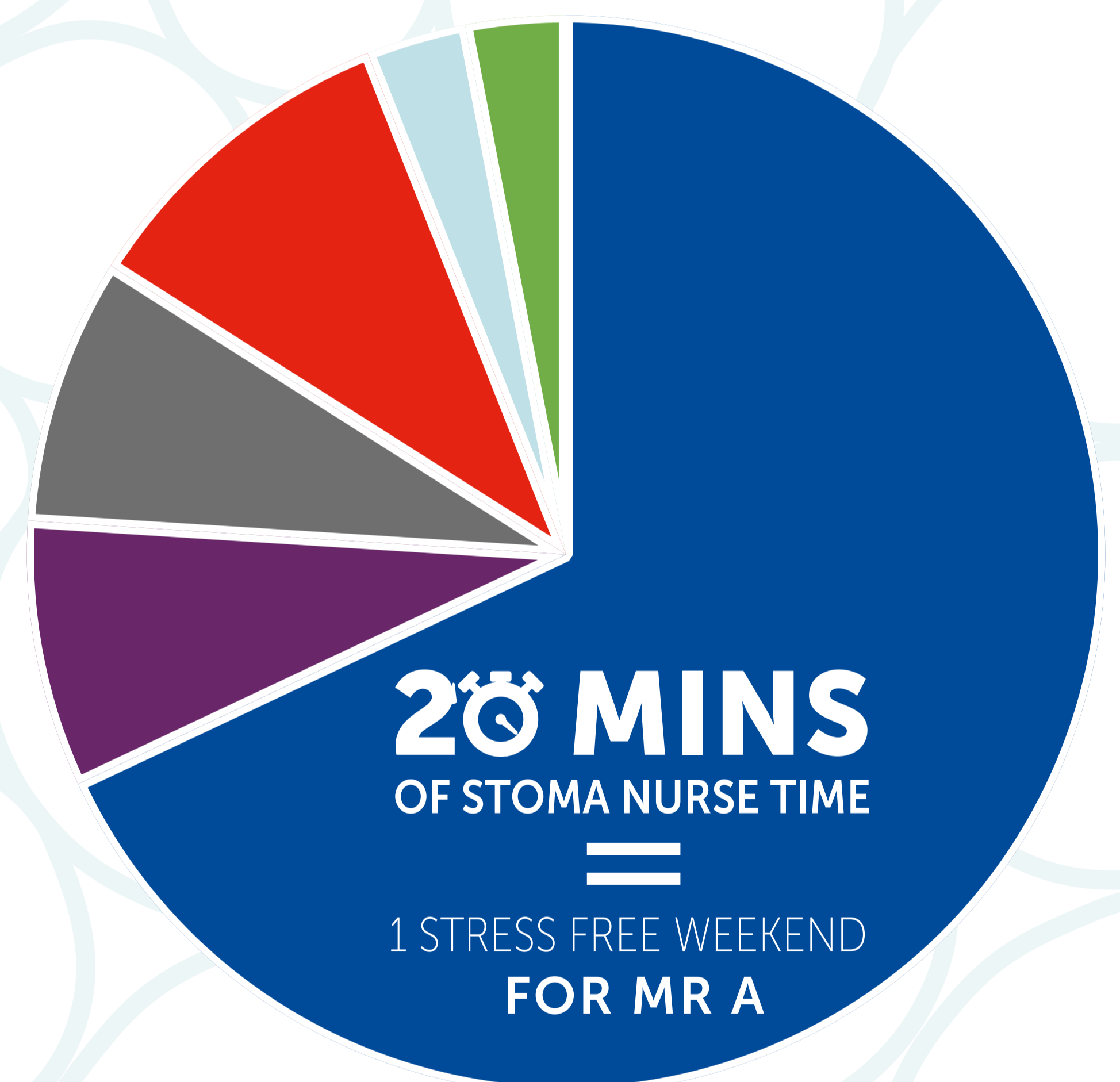
The aim of this poster is to illustrate how an effective team, with open channels of communication can promote the psychological wellbeing of a patient in the initial post-operative stages following discharge from hospital.

**ENHANCING PATIENTS' QUALITY OF LIFE AND IMPROVING THEIR EXPERIENCE OF CARE "IS A MAJOR FOCUS OF UK HEALTHCARE POLICY"** (Department of Health, 2011)

## PATIENT BACKGROUND

- Mr A, 72 year old male – Robotic Cystoprostatectomy for muscle invasive bladder cancer
- Discharged home on Day 6 with wound drain and x2 ureteric stents in situ
- Seen by stoma nurse on Day 7 (Friday), ureteric stents removed as per surgeon's instruction. Drain left in situ as output remained moderate
- Mr A expressed signs of anxiety about the drain as the weekend was approaching
- Reassured that as a stoma nurse I would call the surgeon (urologist) for his opinion
- Urologist advised to leave drain in situ and remove on Monday if appropriate
- Mr A felt reassured and happy with this plan. His anxiety reduced and he felt happier about the forthcoming weekend

**"THANK YOU, YOU HAVE GIVEN ME PEACE OF MIND FOR THE WEEKEND". MR A**



- Happy Patient
- Patient Care
- Student Nurse
- Wife
- Urologist
- Follow Up Plan

## CONCLUSION:

- Open communication, mutual trust and respect within the team ensured Mr A and his wife felt reassured and less stressed
- The student nurse accompanying me also noted how effective the visit was and how with direct contact to the urologist, Mr A was reassured
- A follow-up visit was booked for Monday, which Mr A and his wife were both happy with
- Working together in partnership has meant a seamless pathway and a trusted mutual respect between the patient, family and the Urology Department, which ensures our patients receive expert care, both in hospital and the community – resulting in reduced stress levels

