

REDUCTION IN WAITING TIME AFTER TRIAL WITHOUT CATHETER WITH USE OF CATHETER VALVE-- AN INTERIM REPORT

Hypothesis / aims of study

In this original prospective, open label non randomised study the primary objective is to examine if the usage of catheter valve in the patients who attend TWOC (Trial Without Catheter) clinic results in early spontaneous void after catheter removal. This would result in reduction in waiting time for these patients in the TWOC clinic.

The time saved by this process will decrease patient anxiety, lead to more patients being reviewed in the clinic and therefore reduced waiting times and cost in TWOC clinics.

Study design, materials and methods

Patients who were sent home from the hospital with an indwelling urinary catheter after urological procedures or after admission due to acute urinary retention (AUR) were included in this study. They were given an appointment to come to TWOC clinic for catheter removal. We have compared the time spent in the TWOC clinic in two groups of patients. Group A: patients with closed catheter valve to those Group B: who come with free drainage catheter (Traditional method).

Patients in Group A were asked to close their catheter valve 3-4 hours prior to their clinic appointment as compared to Group B patients who came to TWOC clinic with free drainage catheter.

Results

Between October 2015 and March 2016, 165 patients were seen in the TWOC clinic by urology nurse specialist for catheter removal. Sixty two patients were included in this study. Thirty one patients in each group. The mean age of patients in Group A was 62 years and in Group B was 70 years. In Group A 10 patients had catheter for AUR as compared to 14 patients in Group B. Remaining patients were sent home with catheter after urological surgery. Median duration of catheterisation in Group A and B was 14 days (Range 7-90 days: Group A) and (Range 5-85 days Group B). In Group A 68% patients had successful TWOC as compared to 49% in Group B.

Mean time between catheter removal and decision to discharge patient from TWOC clinic in Group A was 128 minutes as compared to 185 minutes in Group B.

Interpretation of results

On an average an hour was saved for a patient for their stay in the TWOC clinic after catheter removal if they close their catheter valve 3-4 hours before their TWOC clinic appointment.

Concluding message

Use of closed catheter valve allows an early yet safe decision to discharge from the TWOC clinic. This can result in better patient experience and satisfaction. This also allows more patients to be booked for TWOC clinic. A well designed randomised trial is required to confirm these findings with more scientific rigor.

Disclosures

Funding: None **Clinical Trial:** No **Subjects:** HUMAN **Ethics not Req'd:** This is a pilot study. The ethics committee has approved a prospective randomised trial for which we have started recruiting patients recently. **Helsinki:** Yes **Informed Consent:** Yes