

Training program for Primary Care Nurses in Lower Urinary Tract Dysfunctions Conservative Treatment

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Aim

To build a Training program for Primary Care Nurses in Lower Urinary Tract Dysfunctions Conservative Treatment.

Method

Applied research.

Mixed method (quantitative and qualitative approach).

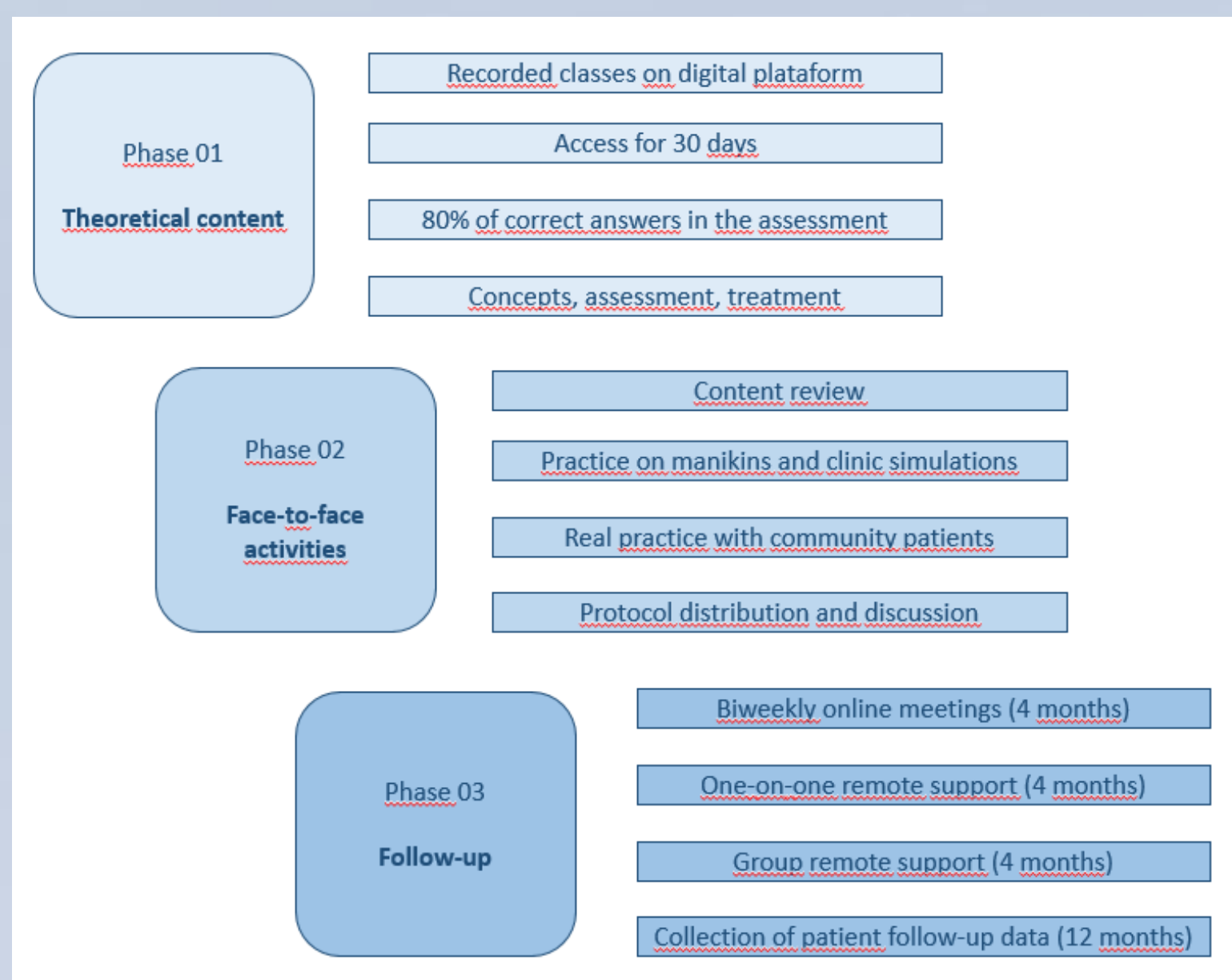
An online workshop with the theme "Nurses' role in caring for people with urinary incontinence or retention" was organized and disseminated nationally for nurses working in primary health care. Subscribers were organized into five groups (North, Northeast, Midwest, Southeast and South). Before the first workshop class, the nurses were invited to participate in the research. Those who accepted filled out the consent form and a self-administered online questionnaire regarding their role in caring for people with urinary incontinence or retention. The data referring to this filling were tabulated in Excel and statistically analyzed descriptively using the computer program Stata v.14.1. For the qualitative stage, two focus groups were formed, each one of them with 10 nurses. Two nurses from each region were randomly selected to form each focus group. The meetings were held online. The guiding question of the discussion was: "What are the necessary components for a training program to make you feel confident to care for people with urinary incontinence or retention?". The meetings were recorded and the speeches were transcribed and analyzed using Thematic Analysis.

Results

One hundred and forty five (145) Primary Care Nurses, from five Brazilian regions participated in the quantitative stage.

The mean age was 37 years old. 89% were women. 89% were post graduated, especially in public health. 93% had already taken care of patients with urinary incontinence or retention. 54% have given some instructions even without having knowledge about it. Participants were asked about barriers that could prevent them from working in the area in case of having training. 20% answered: lack of time. 36% answered: nothing, if they had knowledge. The rest of them were not sure if the training would be enough to make them confident.

The training program built by the Thematic Analysis of the focus group participants speeches is represented in the figure.



Concluding Message

Brazilian primary health care nurses are interested in treating people with urinary incontinence or retention. Brazilian nurses have the potential to change the national scenario of high prevalence of these dysfunctions that are neglected by the health system. However, the undergraduate nursing courses do not contemplate this theme. Training programs are needed to implement Lower Urinary Tract Dysfunctions Conservative Treatment in the health care system. The chosen strategy of including stakeholders in the program construction granted it greater potential for practical implementation.

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