



## A SUCCESFULL PROJECT:

# UNLOCK YOUR LIFE WITH INTERMITTENT SELF-CATHETERIZATION

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## URINARY INCONTINENCE

*Symptom, defined by ICS as:*

Complaint of involuntary loss of urine.

**Urinary incontinence** is an increasingly relevant problem for healthcare systems, involving different age groups and multiple clinical conditions.

The project aims to structure a **multidisciplinary care pathway** focused on the patient suffering from urinary incontinence, promoting their autonomy and supporting their empowerment.

Guidelines

## EAU Guidelines on Urinary Incontinence



## OBTV:

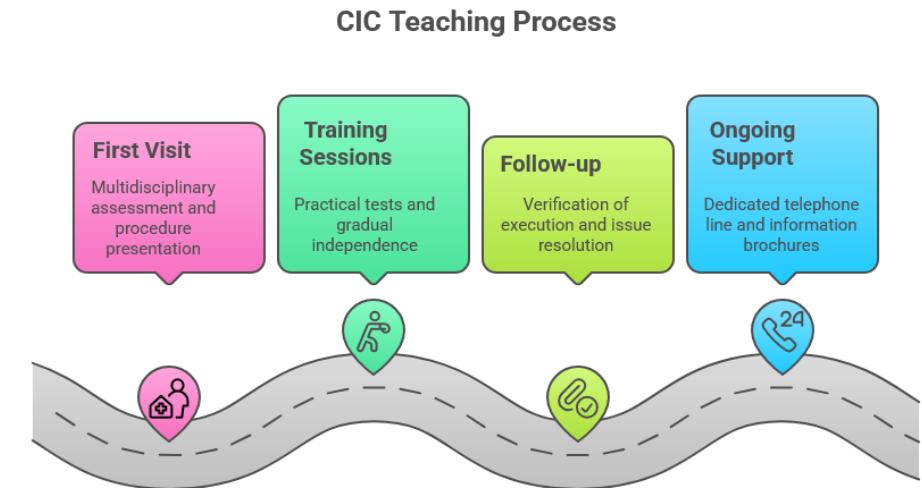
- ✓ Improving continence through specifically designed teaching
- ✓ Reducing urinary tract infections related to intermittent catheterization
- ✓ Promoting continuity of care with the family and community nurse through follow-up.



**METHODS:** Patients were evaluated initially with a multidisciplinary visit (urologist and nurse).

- ◆ 7-day bladder diary
- ◆ ISC-Q-it (psychosocial burden)
- ◆ Barthel index (performance in activities of daily living)
- ◆ UCLA LS3-it (loneliness and social isolation)
- ◆ satisfaction with self-catheterization (VAS 0-5).

Follow-up was performed at 1 week, 1 month and 3 months



Sample Characteristics	n	%
Gender		
Female	6	54.5
Male	5	45.5
Self/caregiver CIC		
Self	7	63.6
CG	4	36.4
UTI with CIC		
Yes	1	10
No	10	90
Mean ± SD		Min-Max
Age (y)	62	32-82
ISC-Q-it (TO-T1)	58.1-69.4	
Barthel index (TO-T1)	70.2-78.0	
UCLA LS3-it (TO-T1)	44.2-38.9	
Satisfaction CIC (n = 11)	4.91	1-5

Table 1: Sample Characteristics (n = 11)

## RESULT:

The limitations of the study concern the limited sample of subjects enrolled

The results indicate that the program was not only effective in improving patients' technical ability and independence but also had a profound positive impact on their overall quality of life, functional independence, and psychological well-being.

It effectively:

- Promoted Patient Autonomy
- Supported Patient Empowerment
- Restored Quality of Life