

Preventing post-operative urinary retention: an example of researcher-patient co-production

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Background

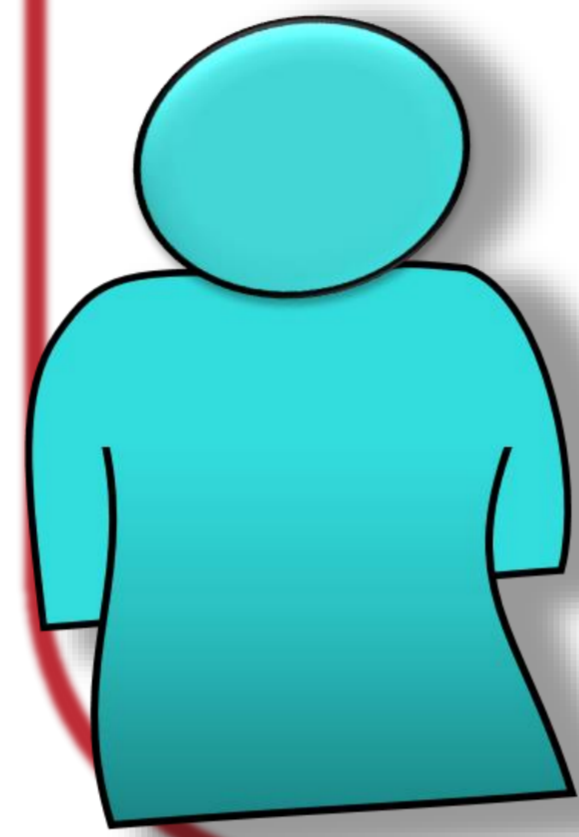
- Interest in **patient and public involvement (PPI)** is increasing, yet **limited evidence** exists about its impact on health research
 - We present our experience of **successful public involvement** throughout a project developed from a patient submitted research idea aimed at preventing post-operative urinary retention (PO-UR)

PO-UR

- **Affects many patients** following surgery (Incidence 10.7% - 84% after joint replacement¹)
- **Untreated, can lead to complications** e.g. sepsis due to urinary stasis and acute kidney injury
- May result in **delayed hospital discharge** and **additional post-hospitalisation care**

The problem

This project highlighted a **difference in attitudes** between patients and clinicians, in relation to the treatment of PO-UR.

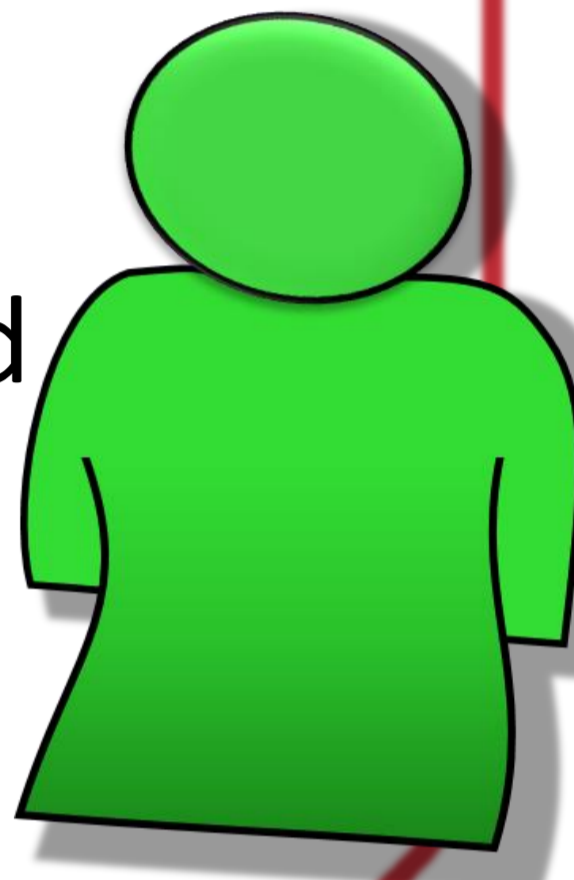


Clinicians

- Sometimes consider PO-UR to be a **minor problem**, easily solved by **catheterisation**

Patients

- Catheterisation often an **undesirable solution**
- **Risks** of catheter-associated complications
- **Pain and distress** for the patient



Co-initiation



NIHR CLAHRC
West open
call 2014

Public contributor

- Took on role of **co-Principal Investigator**
- Attends research team meetings and co-chairs wider advisory group meetings.

Clinicians from Bristol and Coventry

- **Advisory roles**

Research idea **submitted by public contributor (NL)** with previous experience of PO-UR as a surgical patient



Research
Collaboration
Agreement

Researchers from CLAHRC West

- Including **co-Principal Investigator**

Co-production

Systematic Reviews

- NL given specific methodological training
- Helped complete **two systematic reviews** to identify:
 - 1. Risk factors** associated with developing PO-UR
 - 2. Interventions** for preventing/treating PO-UR

- To inform development of an **effective intervention protocol**

Intervention Development

- Aims to **develop an effective intervention** for the prevention of PO-UR
 - To incorporate findings from the systematic reviews and advice from our **clinicians, public contributor**, and additional **PPI** input

Primary study

- Aims to pull all members of the team together to plan and conduct a **prospective study** to measure the effectiveness of the intervention

The bottom line

This potentially impactful research is unlikely to have been developed if not for patient involvement

- NL's continued involvement has added unique knowledge, personal insight and relevance to the project.
- Not only encouraging for public involvement in future research, but highlights the importance of public contributor involvement at all stages of the research process

References

¹Baldini, G., et al., *Postoperative urinary retention: anesthetic and perioperative considerations*. Anesthesiology, 2009. 110(5): p. 1139-57.

Project Links

<https://clahrc-west.nihr.ac.uk/research/projects/preventing-post-operative-urinary-retention-improve-outcomes-reduce-costs/>
<https://clahrc-west.nihr.ac.uk/news-item/preventing-post-operative-urinary-retention-example-researcher-patient-co-production/>

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