

## Application of Discharge Planning on the Patient with Postoperative Cystectomy e.c. Urether Carcinoma: Case Study

Herlina Dwi Puspita<sup>1</sup>, Yulia Kurniawati<sup>2</sup>, Dicky Endrian Kurniawan<sup>2</sup>, Maman Suparman<sup>3</sup>

<sup>1</sup> Nurse Profession Program, Faculty of Nursing, Universitas Jember, Indonesia

<sup>2</sup> Faculty of Nursing, Universitas Jember, Indonesia

<sup>3</sup> Dr. Saiful Anwar Hospital, Indonesia

Correspondence should be addressed to:  
Herlina Dwi Puspita  
Herlinapuspita979@gmail.com

### Abstract:

Urethral carcinoma or urethral cancer is that is located in the urethra is one of the rarest types of urological cancer. Cystectomy is a surgical procedure to remove the bladder. The condition of post operative patients is of particular concern to health workers. Most patients and families do not know about post-operative patients care while at home. Therefore, the knowledge and attitudes of patients and families regarding post-operative care are important things that need to be educated by health workers. Providing education to patients and families before returning home is called discharge planning. Based on data from October 9 to October 31, there were patients diagnosed with urethral carcinoma who were treated in the Parangtritis room at Dr. Hospital Saiful Anwar Malang. This research method uses descriptive research with a case study design. Implementation of discharge planning starts from the time the patients first come to the room until the day the patients return home. The implementation of discharge planning for patients went well. Nurses can carry out their duties as health workers in carrying out discharge planning procedures.

### Article info:

Submitted:  
08-02-2024  
Revised:  
26-07-2024  
Accepted:  
29-07-2024

### Keywords:

urether carcinoma; discharge planning; cystectomy

DOI: <https://doi.org/10.53713/htechj.v2i4.164>

This work is licensed under CC BY-SA License.



## INTRODUCTION

Urethra carcinoma is a type of malignant cancer that attacks the bladder directly. This disease mostly attacks men and is the fourth most virulent disease that attacks men. Urethral carcinoma also has another name, namely bladder cancer. The bladder is an organ in the body that stores urine. The bladder is a hollow organ located in the lower pelvis with muscle walls that can stretch flexibly (Kemenkes, 2022).

The prevalence of urethral carcinoma globally since 2018 has recorded more than 550.000 new cases appearing every year. This disease attacks many people living in developed countries. Globally, one in five people will suffer from this disorder before the age of 75. Urethral carcinoma is a type of cancer that is common in Indonesia. Since 2018, more than 6.716 new cases have emerged, and the deaths have reached 3.375 people due to poor care (Senduk & Rotty, 2020). Based on data from October 9 to October 31, there were patients diagnosed with urethral carcinoma who were treated in the Parangtritis room at Dr. Hospital Saiful Anwar Malang.

The condition of post-operative patients is of particular concern to health workers. Most patients and families do not know about post-operative patient care at home. Therefore, the knowledge and attitudes of patients and families regarding post-operative care are important things that health workers need to educate. Providing education to patients and families before returning home is called discharge planning (Pitaloka et al., 2022). Discharge planning is a nursing process

to help patients and families improve their health status. Discharge planning was prepared in advance by the nurse, from assessing the patient's condition to patient care.

While at home, existence discharge planning is intended to help patients and families in determining needs, and implementing care plans when returning home so that optimal health is achieved (Yulianti & Febriani, 2023). The nurse's role in charge of care is to ensure that the nursing care provided to patients follows the scheduled discharge planning for patients to achieve optimal health status. In essence, preparation for discharge planning is carried out from the time the patient first enters the hospital until the stage of the discharge process. Delivery discharge planning can be delivered orally or in writing, containing health needs and services, preparing facilities, and promoting independence in care (Elasari et al., 2024).

Implementation limitations discharge planning is influenced by several things, one is patient compliance, which is carrying out treatment and adhering to the routine control schedule after the patient is allowed to go home. The impact of the implementation of the gift discharge planning, which is not good, will reduce the quality of health services, increase the readmission of patients with the same diagnosis, increase the length of hospital stay, and increase the risk of wound care that does not improve. Patients with a history of post-surgery require routine control to monitor the condition of the patient's post-operative wounds. Apart from that, health workers also need to ensure no infection risk in post-operative patients. This must be done carefully because patients with post-operative conditions are vulnerable to another disease (Yulianita et al., 2022).

Dr. Saiful Anwar Hospital is a type A hospital using discharge planning by hospital accreditation standards based on the decree of the minister of health of the Republic of Indonesia HK.01.07/Menkes/1128/2022. The hospital has a continuous process for services in the hospital and is integrated between professional care providers assisted by patient service managers (MPP), based on initial interviews conducted with Parangtritis room at Dr. Saiful Anwar Malang regarding implementation of discharge planning carried out based on standard operating procedures (SPO) discharge planning or one out on patients with certain criteria, namely age >65 years, physical mobility barriers, ongoing care, activity limitations.

Based on the description above, researchers are interested in analyzing the implementation of discharge planning, especially for patients with post-operative conditions under the regulations of the Indonesian Ministry of Health which are integrated into the Parangtritis room at Dr. Saiful Anwar Hospital, so that he can maintain and improve the health of patients diagnosed with urethral carcinoma.

## STUDY DESIGN

The research method uses descriptive research with a case study design. The research sample was Mrs. S with post-operative cystectomy et cause ureter carcinoma. The research instrument used nursing care sheets and discharge planning. This research was conducted in the Parangtritis room at the Dr. Saiful Anwar Hospital Malang. The start time for this research is 09 October 2023 to 04 November 2023.

Meanwhile, data collection starts from 25 October 2023 to 27 October 2023 in the Parangtritis room of Dr. Saiful Anwar Hospital Malang. The research data consists of primary data from observation and interviews and secondary data from patient medical records at the hospital. Data collection uses a case study method, from assessment to patient discharge planning (Discharge Planning).

## RESULT

In this study, researchers applied discharge planning to postoperative patients with cystectomy ureter carcinoma who were treated in the Parangtritis room of Dr. Saiful Anwar Hospital. The Parangtritis room has been drafting discharge planning since the patient entered the room from October 25 until October 27, 2023. The implementation of discharge planning has a mechanism that starts from the assessment to determine the patient's care needs and goes up to the evaluation stage (discharge planning). These needs include, among other things, patient or family knowledge about the disease they are suffering from, self-care, activity and rest, nutrition recommended for post-cystectomy surgery patients, medicines consumed by patients, as well as health education tailored to the needs of post-cystectomy patients, needs spiritual and scheduled control. Researchers apply discharge planning according to room requirements.

The implementation of discharge planning is carried out by students collaboratively with the nurse on duty according to existing resources and facilities. By format, discharge planning in the Parangtritis room has certain criteria: age > 65 years, physical mobility barriers, ongoing care, and limited activities. In this study, Mrs. S filled out all the categories in the room's discharge planning sheet. Implementation of discharge planning at Dr. Saiful Anwar Hospital is only given to some patients because there are certain criteria for receiving discharge planning. However, all patients get discharge planning conveyed verbally when a patient is going home. Process discharge planning must be carried out comprehensively by involving all health service providers in patient health services (Fitri & Wahyuni, 2020).

## DISCUSSION

Application discharge planning in the Parangtritis room at Dr. Saiful Anwar Malang is based on the SOP (Standard Operating Procedure) from the hospital, where in the SOP there are special criteria for implementing discharge planning, namely for patients aged > 65 years, patients with physical mobility, patients with continuous care, and patients with physical limitations. Potter and Perry (2005) explain procedures for discharge planning as follows, at the time of patient admission, carry out an assessment of the health service needs for the patient returning home using nursing history, continuous physical and cognitive function assessments, assess the health education needs for the patient and family related to the implementation of therapy at home, things – things to avoid, and possible disease complications.

Discharge planning is carried out by students starting from the time the patient enters the hospital until the patient returns (Winarti & Sukesi, 2023). The patient came to the hospital with a medical diagnosis of a urethral pT4N2M0, and a urethral catheter was installed. Then the patient was referred to RSSA for Cystectomy surgery. Students conduct an assessment of the patient's needs, the patient's activities, and health history before entering the hospital, and also the patient's and family's knowledge regarding the patient's illness, personal hygiene, healthy lifestyle, and treatment while in the hospital. This is in line with Potter & Perry (2010), who state that discharge planning is something that is carried out when a patient is admitted to the hospital, which includes nursing care and assessment of each patient's needs in the hospital.

Post-operative patient care is as important as preoperative patient care. One of the indicators that influence the success of post-operative treatment of patients, namely post-operative care, is to relieve pain, identify problems so that they can be resolved as early as possible, and anticipate or prevent complications after surgery. Inappropriate post-operative care can cause various health problems, such as post-operative complications, and can also have an impact on not meeting

optimal health care standards. According to Purwana et al. (2023), post-operative care plays a role in increasing knowledge, attitudes, and compliance in post-operative care and treatment. From the results of the study, data was obtained that the patient was 66 years old with a medical diagnosis of urethral carcinoma pT4N2M0. Students obtain various kinds of data from assessments of patients and patient families regarding the patient's needs during the treatment period both in the hospital and at home. Students and nurses collaborate with doctors and other health services as well as the patient's needs after returning home, explaining to the patient and family about the medicines given, foods that can be consumed and those that must be avoided, and provide prescription medicines according to the doctor's advice, as well as offer the patient to use a wheelchair to get to the vehicle that will take the patient home. Then, students create nursing care, which consists of formulating a diagnosis, preparing a nursing plan, carrying out implementation, and evaluating implementation results. When evaluating implementation results, students make discharge planning plans for patients. This plan will increase the risk of relapse and return of patients to hospital (Pitaloka et al., 2022).

Activities before the patient's return day include education related to the physical and psychological conditions being experienced by the patient to the family, regarding the patient's health care while at home, and health services that are within reach of the patient and family. When the patient is going home, the nurse gives the patient and family the opportunity to ask questions about the patient's care while at home, explains the doctor's instructions regarding taking medication while at home, and explains the needs that need to be prepared on the way home, providing information regarding the patient's discharge time, ensuring that no patient's belongings are left behind, offering a wheelchair to help the patient get to the vehicle, checking the patient's administrative files, asking the patient and family to repeat the information that has been conveyed, and the nurse documenting the patient's return. After implementation is carried out, an evaluation is carried out to evaluate the actions that have been taken. The evaluation contains the patient's response after a comprehensive intervention/action is carried out and is documented in the nursing documentation sheet (Pranata, et al., 2022). From the results of the implementation that has been carried out with families and patients, the family understands the disease they are experiencing and says they will adopt a healthy lifestyle and maintain their diet. The family and patient also understand the procedures for taking medication and already know the scheduled control schedule.

Discharge planning is done by the nurse. A nurse is a person discharge planner who is tasked with making nursing plans, coordinating plans, monitoring, and providing follow-up nursing actions and processes. discharge planning must be done immediately after the patient is admitted to the hospital until the patient returns home and carries out independent care. Discharge planning It is also a learning process for patients that begins when the patient is accepted into health services to increase the understanding and abilities of the patient and the patient's family regarding home care, health problems experienced, and to speed up the patient's recovery by minimizing the occurrence of complications in the patient (Rosya et al., 2020). Therefore, according to researchers, the implementation of discharge planning is in accordance with the theory in several studies. When implementing discharge planning, students did not experience significant obstacles, but related to the format and routine of recording discharge planning needs to be further optimized according to the patient's condition so that it can improve the quality of the room and hospital.

## CONCLUSION

The result of the analysis of the application of discharge planning in the Parangtritis Room of Dr. Saiful Anwar Hospital has been carried out in accordance with the theory that supports the assessment stage to the evaluation stage. Starting when the patient enters until the patient goes home. The application of discharge planning starts from the time the patient first comes to the room until the day the patient returns home.

## ACKNOWLEDGEMENT

The authors thank the participant for the support to the study

## CONFLICT OF INTEREST

The authors declare no conflict of interest.

## REFERENCES

- Elasari, Y., Wulandari, R. Y., Sari, A. N., Armansyah, R., Irawan, S. G., Indah, T., ... & Hidayani, N. (2024). *Implementasi Fungsi Pengorganisasian dan Pengarahan dalam Manajemen Pelayanan Keperawatan*. Penerbit NEM.
- Fitri, E. Y., & Wahyuni, D. (2020). Pengembangan Perencanaan Pulang Model Lima. *Jurnal Kesehatan Saemakers PERDANA (JKSP)*, 3(2), 186-197.
- Kemendes. (2022). Kanker Kandung Kemih. Tim Promkes RSST - RSUP dr. Soeradji Tirtonegoro Klaten.
- Pitaloka, D. A., Afandi, A. T., Nur, K. R. M., & Sri, I. (2022). Pelaksanaan discharge planning pada pasien cedera otak sedang di ruang rawat inap. *Jurnal Kesehatan Komunitas Indonesia*, 2(1), 57-69.
- Potter & Perry. (2005). *Buku ajar fundamental keperawatan, Vol. 1* (4th ed.). EGC.
- Potter, Perry. (2010). *Fundamental Of Nursing: Concep, Proses and Practice* (7th ed.). EGC
- Pranata, P., Septiyanti, S., Annisa, R., & Husni, H. (2022). Asuhan Keperawatan Dengan Pemenuhan Kebutuhan Cairan Pada Pasien Diare Di Rumah Sakit Bhayangkara Kota Bengkulu Tahun 2022 (Doctoral dissertation, Poltekkes Kemenkes Bengkulu).
- Purwana, E. A., Hartono, D., & Yunita, R. (2023). Hubungan Tingkat Kepatuhan Perawatan Dengan Kesembuhan Pada Pasien Post Operasi Katarak Di Puskesmas Panti. *Jurnal Ilmu Kesehatan Mandira Cendikia*, 2(9), 456-464.
- Rosya, Ernalinda., Vera., Anita. (2020). *Discharge Planning (Perencanaan pasien pulang) di Rumah Sakit*. Purwokerto, Pena Persada
- Senduk, S. S., & Rotty, L. W. (2020). Karsinoma kandung kemih. *Jurnal Biomedik (Jbm)*, 2(1)
- Winarti, R., & Sukesni, N. (2023). PENGARUH PENERAPAN PERENCANAAN PASIEN PULANG TERHADAP KEPUASAN DI RUMAH SAKIT UNGARAN. *Journal of Nursing and Health*, 8(3, September), 273-279.
- Yulianita, H., Sugiharto, F., Pratiwi, R. D. N., Mutaqin, S. F., Dewi, A. K., & Maria, D. F. I. (2022). Pelaksanaan discharge planning pada pasien postpartum: a narrative review. *Jurnal Keperawatan Muhammadiyah*, 7(4), 147-158.
- Yulianti, F. A., & Febriani, N. (2023). *Peran edukator perawat dalam pelaksanaan discharge planning*. Pradina Pustaka.