

A brief educational intervention improves urologists' confidence in urethral instrumentation in men with an artificial urinary sphincter

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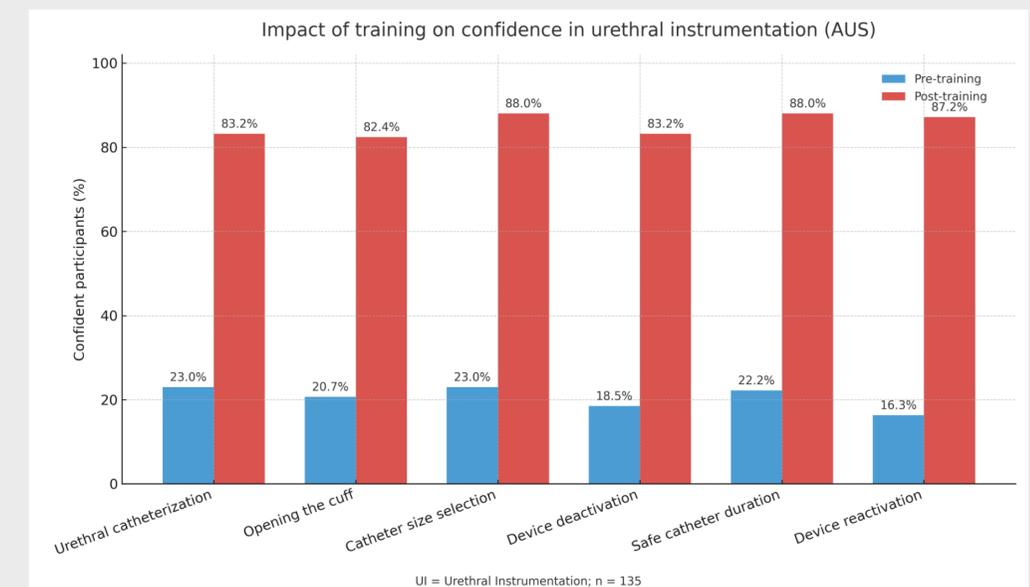
Background: The artificial urinary sphincter (AUS) is the gold standard treatment for moderate to severe male urinary incontinence, with high success rates but relevant complications such as urethral erosion, often caused by inadequate instrumentation. In urgent settings, urethral manipulation is frequently performed by professionals without proper training. This study aimed to evaluate the impact of a brief, structured training session on urologists' self-reported confidence in managing urethral instrumentation in patients with an AUS

Methods: Urologists and residents voluntarily participated in a theoretical-practical training session on safe urethral instrumentation in patients with an AUS during the 39th Brazilian Urology Meeting (Nov/2023). The session included demonstration and supervised practice on a standardized simulated model (AMS 800) led by experienced instructors.



Before and after the intervention, participants completed a clinical scenario-based test designed to assess how they would proceed when faced with an urgent need to perform urethral catheterization in a patient with an AUS, along with a Likert-scale survey measuring self-confidence across procedure-related competencies.

Results: A total of 135 professionals participated (100 urologists and 35 residents), with a mean age of 35.0 ± 10.2 years, 76.3% of whom were men. After training, the proportion choosing to perform emergency urethral catheterization in patients with an AUS increased from 34.1% to 88.8%, with higher self-confidence across all competencies ($p < 0.001$).



Implications: Brief training increased self-confidence and has the potential to promote safer practices in emergency urethral catheterization in patients with an AUS.