

Patient guide to Regional Stress Incontinence Multidisciplinary Team Meeting

A guide to the multidisciplinary team process.

What does a multidisciplinary team approach mean for me?

The purpose of this document is to help you understand multidisciplinary care and what a multidisciplinary team meeting is.

Multidisciplinary care is a team approach to health care. Doctors, nurses, allied health professionals such as physiotherapists and radiologist who have skills in diagnosing and managing Stress Urinary Incontinence will meet to discuss your history in relation to your current incontinence and possible treatments and ongoing care that could help you reach your goals of treatment. They will develop an individual treatment plan for you based on published evidence and best practice. This plan will be discussed with you.

Research shows that it is beneficial to involve a range of professionals in considering and recommending the best care for you.

For example:

- Each member brings a different area of expertise.
- Each member of a multidisciplinary team has a different perspective so the whole team can consider a wider variety of physical, social, cultural, and emotional needs and how to support you to meet them.
- A multidisciplinary meeting makes it easier to plan treatment, streamlines referrals and prevents unnecessary tests, saving time and resources for you and the team.
- It is evidenced that when patients have information about treatment options, their mental health and wellbeing can improve.

What is a multidisciplinary team?

A multidisciplinary team has a range of health professionals involved in assessing, planning and treating you. Each team member brings different skills that are important to managing your care. Team members may include:

- Surgeons
- Clinical Nurse Specialists (CNS) and/or Continence Nurse Specialists
- Pelvic health physiotherapist
- Radiologists

To make sure you are receiving the best possible care, the team will meet to review your case at a Multidisciplinary Meeting (MDM) to discuss your history, consider the evidence from investigations and recommend the most appropriate treatments for you.

The MDM team is responsible for:

- Working out your treatment plan
- Deciding on further tests

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- Making appropriate referrals to other specialist services
- Collecting information and keeping good records.
- There may be some people at the meeting who are not directly involved in your case. This is explained more below.

What happens at a multidisciplinary meeting?

During the meeting the team will review your medical and surgical history and your investigation results. Personal or other health information that you have disclosed to your health providers, including your general practitioner, may be shared at the meeting only if it is relevant to your diagnosis or treatment, unless you request otherwise.

Everyone at the meeting is bound by a confidentiality agreement, just as they would in a face-to-face consultation with you. We also have measures in place to ensure we are compliant with the Health Information Privacy Code and the Privacy Act 2020.

Do I have to be discussed at one of these meetings?

Yes, your surgeon must present and discuss, with the panel of experts, your treatment options and why they are considering the treatment they are proposing for you.

It is important to know that there may be health professionals present at the meeting that you may not have met. Please be assured that all members are bound by a confidentiality agreement and that the Chair of the MDM is responsible for checking all participants have a role in the MDM process and have a confidentiality agreement in place.

If you are concerned about who is present during the discussion of your case, please discuss this with your or surgeon or the nurse specialist involved in your care, who will work through your concerns with you.

If you decide you do not want the team to discuss your case, you must advise either your surgeon or your designated contact at the hospital/private rooms before the intended meeting date. Choosing not to have your case discussed at MDM may impact your care planning and your team will need to consider how to progress this.

How will I know when my case is being discussed?

The surgeon or designated contact at the hospital/private rooms will advise you when your case is being presented at MDM, this is generally after results from investigations have been returned and they have the appropriate information to consider and will consider which treatment options might support your goals of treatment and be suitable for you.

Generally, your case will be discussed only once, but occasionally they may need to discuss it a second time. You will be informed of the plan to present your case, and we will seek your verbal agreement to present your case to the MDM panel.

Can I attend one of these meetings?

You will not be invited to attend the meeting, as the team will discuss several other patients at the same meeting and need to keep their information confidential as well.

What happens after the meeting?

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After the meeting, either your surgeon or designated contact at the hospital/private rooms will get in touch to advise you of what was discussed and what course of treatment the panel recommended. You will have the opportunity to ask questions and indicate any preferences you have for treatment. The final decision about your care plan is made in consultation with you.

The MDM discussion is written up and approved by the MDM Chairperson, a copy is kept in your clinical records.

If the recommendations include information relevant to your family doctor (GP) we will send them a copy of the outcome form.

What if I have a question?

If you have any questions about the meeting and when your case will be discussed, please contact your designated contact at the hospital/private rooms.