

## **MEDICAL NOTES WEIGHT GAIN DURING UROLOGY HOSPITAL ADMISSIONS**

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**Introduction:** Large and multiple volume patient notes create a significant problem in hospital work. It represents shelving and storage issue, manual handling and occupational risk issue, in addition to creating a patient management issue when doctors try to look for the relevant medical information required for their patient's management.

**Patients and Methods:** We studied the notes of 100 patients admitted to our Urology Ward. The note weight was recorded at admission, and after discharge to enable calculation of the total weight gain. Nursing versus Medical weight gain contributions were also specified in an attempt to understand the main factors in the weight gain process.

**Results:** The patient hospital stay time ranged between 1 and 39 days. The total notes weight gain for the 100 patients was 29293 g. The nursing contributions were responsible for 23892 g (82%) of the weight gain whilst the medical contributions were responsible for 5401 g (18%) of the weight gain. On reviewing the nursing contributions we found multiple tick boxing and elaborate sheets that have no essential role in patient management and that can be summarized in much briefed format.

**Conclusion:** Nursing contributions are the main component for patient notes weight gain during Urology admissions. These need to be re-assessed and re-designed in much briefed format to help in reducing the rapid increase in patients note weight gain.