

## The Patient Voice: Stent Experiences After Ureteroscopy-Insights from In-Depth Interviews with Participants in the USDRN STENTS Nested Qualitative Cohort Study

### What was this study about?

After a procedure to treat kidney stones, doctors often insert a small tube called a stent in the body for a short time to help with healing. The STENTS study asked:

- How do people feel when they have a stent?
- What problems do they face in daily life while the stent is in place?

### Why did we do this study?

The goal was to learn about patients' experiences with stents, which we know can cause pain and other symptoms. We wanted to better understand how placing it, living with it, and removing it affected their symptoms and quality of life. The information from this study could help prepare patients better and improve care after surgery.

### What did we learn?

People had different experiences with ureteral stents. Some had little trouble, while others had a lot of discomfort that affected daily life.



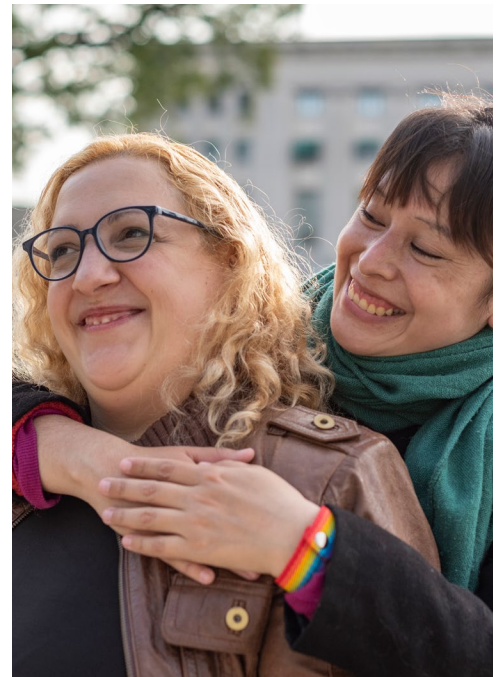
**Pain and other symptoms:** Most people felt pain or discomfort while the stent was in place, especially when peeing, and many needed to pee more often. Some also had trouble peeing, felt pressure or cramps, or noticed blood in their urine. A few had nausea or vomiting. These symptoms often made everyday activities harder.



**Sleep and mood:** Many people had trouble sleeping because of pain or frequent trips to the bathroom. Poor sleep made them feel tired, grumpy, frustrated, or anxious.



**Work and social life:** Some people missed work or cut back on regular activities. Others avoided social events because they didn't feel well or worried about needing to use the bathroom often.



### How did we do this study?

We talked to 39 people who had a temporary stent put in after the procedure to treat kidney stones. We asked about pain and physical symptoms, sleep and mood, and work and social life. Then, we looked for patterns in what the people said.

### What does this mean for patients and care teams?

- People said it helped to know ahead of time what symptoms to expect and to be told that these symptoms were temporary. Knowing more about how to manage symptoms ahead of time can reduce worry.
- Most people felt some pain during stent removal but said the procedure was quick and that they felt better right away. Ongoing pain or other symptoms were uncommon and usually lasted only one day.

Learn more about this study from the full research article:

<https://pubmed.ncbi.nlm.nih.gov/37021358>