

ACUPUNCTURE FOR WOMEN WITH REFRACTIVE OVERACTIVE BLADDER SYNDROME IN A RESOURCE LIMITED SETTING.

Hypothesis / aims of study

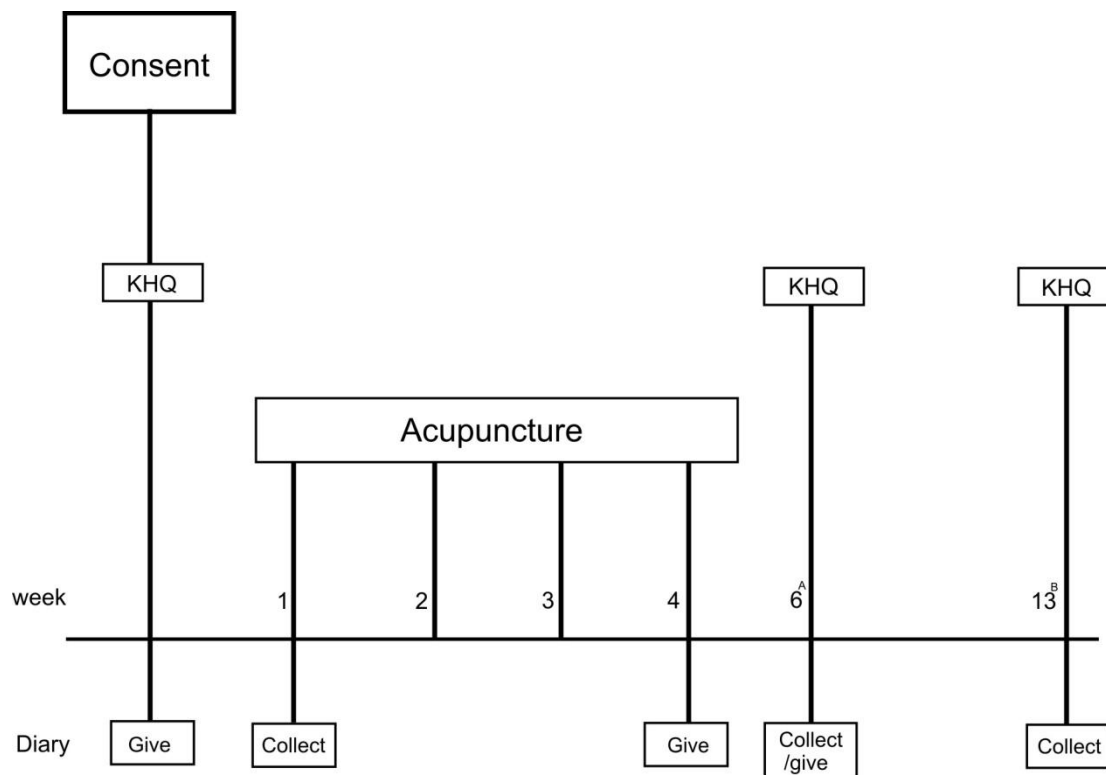
Sensory stimulation in the form of manual acupuncture can improve symptoms in patients with Overactive Bladder Syndrome who were not satisfactorily relieved by standard treatment.

The aim of the study is to evaluate the efficacy of acupuncture in refractive Overactive Bladder Syndrome. The primary aim was to evaluate the effect on frequency, nocturia and urgency urinary incontinence. The secondary aim was to evaluate the effect of the response on self-perceived quality-of-life.

Study design, materials and methods

The study was conducted at a specialized urogyneacology unit in a resource limited setting. In a self-controlled time cohort study, 20 women with Overactive Bladder Syndrome who were refractive to standard treatment, were recruited. Each patient's pre-treatment evaluation was compared to post-treatment evaluation at different points. All subjects have received conventional treatments.

Participants received weekly acupuncture treatments for four weeks. Three-day bladder diaries and the King's Health Questionnaire (KHQ) were completed at 3 intervals: at baseline; at week 6; and at 3 months.



A: 'week 6' refers to 5 completed weeks after the first acupuncture

B: week 13 refers to 12 completed weeks after the first acupuncture and is referred to as '3 months'

Results

There was a 22% ($p=0.002$) and 23% ($p=0.002$) decrease in frequency, a 38% ($p=0.004$) and a 31% ($p=0.015$) decrease in nocturia and a 20% ($p=0.002$) and a 32% ($p=0.0003$) decrease in incontinence from baseline to week 6 and to 3 months respectively.

On the KHQ both the general domains, General Health and Incontinence Impact, showed significant improvement by 3 months ($P=0.002$ and 0.009 respectively).

All seven lifestyle domains showed significant improvement at week 6 and again at 3 months. Most significantly was a decrease in Emotional Limitations ($p=0.00004$ at week 6 and $p=0.00001$ at 3 months).

Interpretation of results

There was a statistically significant decreased in frequency, nocturia and urgency urinary incontinence after acupuncture for women with refractive OAB. This seems to be clinically significant as reflected in the mark improvement in quality-of-life.

Concluding message

In this study of women with refractive OAB, acupuncture produced significant symptomatic and quality-of-life improvement in all outcomes measured.

<i>Specify source of funding or grant</i>	none
<i>Is this a clinical trial?</i>	No
<i>What were the subjects in the study?</i>	HUMAN
<i>Was this study approved by an ethics committee?</i>	Yes
<i>Specify Name of Ethics Committee</i>	Research Ethics Committee of the Faculty of Health Sciences of The University of Cape Town (REC REF: 009/2009).
<i>Was the Declaration of Helsinki followed?</i>	Yes
<i>Was informed consent obtained from the patients?</i>	Yes