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## AUDIT TO EVALUATE THE DIFFERENCE IN QUALITY OF LIFE USING BRITISH FEMALE LOWER URINARY TRACT SYMPTOMS(BFLUTS) QUESTIONNAIRE PRE AND POST TRANSOBTURATOR (TOT) PROCEDURE

**Audit to evaluate the difference in quality of life using British Female Lower Urinary Tract Symptoms(BFLUTS) questionnaire pre and post Transobturator (TOT) procedure**

**Hypotheses:** Urinary incontinence (UI) is a common condition that may affect women of all ages, with a wide range of severity and nature. Although rarely life-threatening, UI may seriously influence the physical, psychological and social well-being of affected individuals. Retropubic mid-urethral tape procedures using a 'bottom-up' approach with macroporous (type 1) polypropylene meshes are recommended as treatment options for stress UI where conservative management has failed. Synthetic slings using a retropubic 'top-down' or a transobturator foramen approach are recommended as alternative treatment options, provided that women are made aware of the lack of long-term outcome data.(NICE Guidelines 2006)

**Aim of the Audit:** To evaluate the quality of life before and after the TOT procedure .

**Audit design, materials and methods:**This was a retrospective audit of the patients who had TOT between May 2005 and February 2009. BFLUTS questionnaire was used to analyse the quality of life before and after the procedure.

**Results:** 94 procedures were done between May2005 and February 2009. 50 women participated in the audit. The median age was 55yrs in the group. 80% of the women had no nocturia after the procedure. 70% could delay emptying bladder for 3-4 hours. 84% reported as completely dry after the procedure .70% of women had improved sex life . 78% of women reported the overall quality of life improved after the procedure.

**Interpretation of results:** TOT is a safe and effective procedure which improves the quality of life significantly with success rate of 84% .

Concluding Message: TOT is a safe procedure for urodynamic stress incontinence.

### References

1. Nice Guidelines-2006
2. Transobturator tape (Uratape): a new minimally-invasive procedure to treat female urinary incontinence.Delorme et al.Eur Urol2004Feb;45(2):203-7
3. A scored form of the Bristol Female Lower Urinary Tract Symptoms questionnaire: data from a randomized controlled trial of surgery for women with stress incontinence.Brookes St, Donovan JL, Abrams P etal.AmJ Obstet gynaecol2004 Jul;191(1)73-82

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<b>Is this a clinical trial?</b>	No
<b>What were the subjects in the study?</b>	HUMAN
<b>Was this study approved by an ethics committee?</b>	No
<b>This study did not require ethics committee approval because</b>	No
<b>Was the Declaration of Helsinki followed?</b>	No
<b>This study did not follow the Declaration of Helsinki in the sense that</b>	Not applicable
<b>Was informed consent obtained from the patients?</b>	Yes