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MINIARC ACTIVITY STUDY (MAS) : DOES EARLY PHYSICAL ACTIVITY AFFECT THE CURE RATE OF MINIARC?

AIM

The aim of this study is to assess the objective and subjective outcome of MiniArc for the treatment of primary urodynamic stress incontinence with or without prescribed early physical activity.

METHODS

This is a case controlled study. Fifty patients with primary urodynamic stress incontinence who underwent MiniArc sling surgery were recruited. They were assigned to either early physical activity or no physical Activity. All patients were evaluated at 3 months with urodynamic studies and a modified Bristol Female Lower Urinary Tract Symptoms (BFLUTS) questionnaire. All patients in the activity group had to do a set of prescribed physical activity daily and keep a diary.

RESULTS

The objective cure rate in the activity and control group were 76% and 88% respectively ($p=0.465$). However, the subjective cure rate in the activity group was 56% compared to 68% in the control group ($p=0.56$).

Overall, 88% from both the activity and control group perceived that the surgery had benefited them.

Based on the patient satisfaction scoring system, 17 patients in the activity group were VERY satisfied with the outcome of the surgery. 6 of them were satisfied and only 2 were PARTIALLY satisfied. In the control group, 16 patients were VERY satisfied and 9 were satisfied.

None of the patients in both the activity and control group expressed dissatisfaction with the outcome.

CONCLUSION

The control group showed a slightly higher objective & subjective cure rate but it was not statistically significant. Therefore, return to early physical activity does not seem to affect the outcome of MiniArc sling procedure.

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Is this a clinical trial?	Yes
Is this study registered in a public clinical trials registry?	No
Is this a Randomised Controlled Trial (RCT)?	No
What were the subjects in the study?	HUMAN
Was this study approved by an ethics committee?	Yes
Specify Name of Ethics Committee	The Mater Misericordiae Hospital ethics committee The Townsville Hospital ethics committee
Was the Declaration of Helsinki followed?	Yes
Was informed consent obtained from the patients?	Yes