

NURSING APPROACH TO POTENTIAL OVERACTIVE BLADDER PATIENTS: A PROSPECTIVE STUDY

Hypothesis / aims of study

Overactive bladder (OAB) is a common medical condition. Many OAB patients hesitate to visit a urological department because of their sense of shame about or misunderstanding of OAB. In this study, we prospectively evaluated the effectiveness of a urological nursing approach to these potential OAB patients using questionnaires and medical interviews.

Study design, materials and methods

Forty non-urological inpatients (17 males and 23 females) at Noto General Hospital between August 2009 and October 2009 who had never received urological treatment before were enrolled in this study. The overactive bladder symptom score (OABSS) (1) (Table 1) and King's Health Questionnaire (KHQ) were used to evaluate the severity of patients' OAB symptoms. A medical interview by a single urological nurse was performed to assess how bothered patients were by their lower urinary tract symptoms. Urological examinations and drug administrations (Solifenacin 5 mg/day) were performed by urologists for patients who wanted OAB treatment.

Results

The mean age was 76.3 years (range 49 to 90). The patients' primary diseases were as follows: 25 had orthopedic diseases, 10 had digestive or lung diseases, 3 had cardiovascular diseases and 2 had cerebrovascular diseases. Eight patients had moderate OAB symptoms (OABSS 6 to 11), and 1 patient had severe symptom (OABSS \geq 12). Statistically significant associations with OABSS were detected on 4 KHQ domains, including Role Limitations ($r=0.323$, $p=0.042$), Physical Limitations ($r=0.389$, $p=0.013$), Sleep/Energy ($r=0.531$, $p<0.001$) and Symptom Severity ($r=0.547$, $p<0.001$). Four patients with moderate to severe OAB had felt discomfort with their symptoms. Two patients, one with severe OAB and another with moderate OAB, wanted OAB treatment. These 2 patients' OABSS were improved from 13 and 11 to 4 and 5, respectively, by 2-week drug administration.

Interpretation of results

Although this study was targeted at patients who had never received urological treatment, 9 (22.5%) of the patients had moderate to severe OAB, and their health-related qualities of life were also decreased. Two of the 9 patients requested OAB treatment after the nursing medical interview, and their OAB symptoms were improved following drug administration. This indicates that the tested urological nursing approach was an effective intervention to motivate potential OAB patients to receive treatment. Since all 4 patients who felt discomfort with their symptoms had moderate to severe OAB, the most efficient approach may be to focus on moderate to severe OAB patients using OABSS as a screening tool.

Concluding message

Screening using OABSS and a medical interview by urological nurses appears to be an effective way to enlighten patients about OAB, and the urological nursing approach we tested might be a clinical bridge between potential OAB patients and urologists.

Table 1. OABSS*

Question	Frequency	Score
How many times do you typically urinate from waking in the morning until sleeping at night?	≤7	0
	8–14	1
	≥15	2
How many times do you typically wake up to urinate from sleeping at night until waking in the morning?	0	0
	1	1
	2	2
	≥3	3
How often do you have a sudden desire to urinate, which is difficult to defer?	Not at all	0
	Less than once a week	1
	Once a week or more	2
	About once a day	3
	2–4 times a day	4
How often do you leak urine because you cannot defer the sudden desire to urinate?	5 times a day or more	5
	Not at all	0
	Less than once a week	1
	Once a week or more	2
	About once a day	3
	2–4 times a day	4
	5 times a day or more	5

* Patients were instructed to circle the score that best applied to their urinary condition during the past week; the overall score was the sum of the four scores.

References

1. Homma Y, et al. Symptom assessment tool for overactive bladder syndrome--overactive bladder symptom score. *Urology*. 2006; 68:318-323.

Specify source of funding or grant	None
Is this a clinical trial?	No
What were the subjects in the study?	HUMAN
Was this study approved by an ethics committee?	No
This study did not require ethics committee approval because	,as a policy of our hospital, investigations were determined to be conducted in accordance with the principles of the World Medical Association's Helsinki Declaration.
Was the Declaration of Helsinki followed?	Yes
Was informed consent obtained from the patients?	Yes