

## DOES TENSION FREE VAGINAL TAPE TAKE THE TENSION OUT OF WOMAN'S LIFE? A CLINICAL AUDIT ON THE EFFECTIVENESS OF TVT

### Hypothesis / aims of study

Nearly 50% of women suffer from urinary incontinence at some point in their life. Health related quality of life questionnaire is a useful tool to assess the impact of the urinary incontinence in various aspects of a woman's life. NICE recommends Retro pubic mid urethral sling bottom up approach (tension free vaginal tape) as a treatment option for stress urinary incontinence where conservative treatment fails. Unlike some of the medical conditions the success of this surgery can be best assessed by symptom improvement as supposed to objective assessment.

### Study design, materials and methods

Aim of the study is 1) to assess the baseline severity of the stress urinary incontinence before the surgery.2) To evaluate the effectiveness of tension free vaginal tape (TVT) procedure. 3) To analyse improvement of urinary symptoms after the TVT procedure.

**Method:** Retrospective audit involving 54 patients who underwent TVT between Jan 2008- Jan 2011

The following tools were used for analysis

Pre op KHQ (King's Health Questionnaire), Case notes review for length of hospital stay, intra operative and post operative complications, voiding dysfunction.

ICS –Q (International Continence Society Questionnaire) completed 6-12 months after the procedure.

### **Results:**

Preoperatively stress urinary incontinence affected 85% of patient's daily activity. 87% had limitation in their job. 68% limited in their physical activity. 82% had limited social life.55% affected in their personal relationship, 60% felt depressed.89% felt anxious and nervous.92% felt embarrassed. All tried conservative management before opting for surgery and all had confirmed urodynamic stress urinary incontinence.

TVT performed using polypropylene mesh.It was the primary surgical procedure in all except for one who had colposuspension 10 years ago.

All women received adequate information on benefits and risks of the procedure.

TVT performed uneventfully in 93%: Bladder injury occurred in 7%;

83% stayed for one day in hospital.

13% had to have intermittent self catheterisation for few days up to 4 weeks. But none of them had ongoing voiding difficulty at 6 weeks follow up visit.

About 6- 12 months after the procedure all women stated that it was a successful operation by giving score of 5, ( 8%) 6 ( 31%) and 7 (61%) out of 7 .

ALL would recommend to their friend.

65% had no leaking and 31% had leaking for once or twice a week, 4% had one a day leak

11% had leaking with urinary urgency, out of which majority had mixed urinary incontinence prior to surgery. No case of denovo urinary urgency. No long term voiding dysfunction.

### Concluding message

Retro pubic mid urethral sling procedure proves to be an effective way of improving symptoms of stress urinary incontinence.

The audit highlighted that majority of women find the procedure has brought a great improvement in their quality of life.

### References

1. NICE guideline CG40

### Disclosures

**Funding:** none **Clinical Trial:** No **Subjects:** HUMAN **Ethics not Req'd:** retrospective audit on the TVT procedure done in the past years , patients had given consent to fill up the preop questionnaire and post op questionnaire. post op Q s had only patients hospital number, no personal identification details. **Helsinki:** Yes **Informed Consent:** Yes