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Author(s):	O. Risi, M. Spinelli, A. Zanollo
	Double Spacing
Institution	Department of Urology and Spinal Cord Unit, Magenta
City	Hospital, Italy
Country	
	Double Spacing
Title (type in CAPITAL LETTERS)	EVALUATION OF A NEW CATHETER FOR CLEAN INTERMITTENT CATHETERIZATION IN NEUROGENIC BLADDER

Aims of study

Since Lapides et al. reported in 1972 the first experience with clean intermittent catheterization (CIC), this method has been used widely to treat different types of urinary problem and most studies reported good results with intermittent "low-friction" catheterization.

This method is an essential technique for the urologist to be able to offer to the patients with impaired bladder emptying; the technique is quickly learned and acceptable to most patients of both sex and a wide age range.

The current standard method of CIC utilizes hydrophilic catheters, that are coated in a material which, when activated by water, becomes very slippery, providing low friction catheterization; some patients still use uncoated Nelaton catheters with a gel added at the time of catheterization.

We conducted a prospective study to evaluate a new type of catheter (Hollister InstantCath), where gel provides the lubrication, however this is integral in the product presentation and therefore potentially provides a similar system to the hydrophilic catheters, with more convenience to the patients.

Methods

34 patients, 19 male, 15 female (age range 15-65) all with a problem of neurological bladder (22 hypo-areflexia and 12 with hyperreflexia) compared the new catheter with the type of catheter that they normally used at home (29 hydrophilic and 5 Nelaton with gel). Patients performed the catheter regime taught in our spinal cord unit, and used the evaluated catheter for 3-4 consecutive days. After this time, they completed a questionnaire analysing the performance of the evaluated catheter.

A satisfaction rating was determined subjectively for the evaluated catheter.

Patients were asked to score a series of features of catheterization as poor, acceptable and good for the evaluated catheter, compared to their routine catheter. Satisfaction was determined as a percentage for those patients scoring acceptable and good.

Results

Analysis of the following were studied, giving satisfaction ratings of:

Ease of interpretation of Instruction	79%
Ease of Catheter Preparation	88%
Ease of insertion	75%
Feel of insertion	79%
Ease of removal	91%
Practicality	79%
Overall assessment of evaluated catheter	75%

No adverse events or reaction were reported for either routine or evaluated catheters.

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Conclusion

The results of this prospective study in patients who need of CIC for empty their neurogenic bladder seem a good assessment and the patients found the evaluated catheter, with integral gel lubrication compared favourably with the catheter they were used to using. Simplification of the process of low catheterization could be enhanced by the use of this catheter.

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