

EFFICACY OF OVERACTIVE BLADDER SYMPTOM SCORE(OABSS) AS AN INDEX OF THERAPEUTIC RESPONSIVENESS BY ANTIMUSCARINIC DRUG IN PATIENTS WITH OAB.

Hypothesis / aims of study

Overactive bladder syndrome (OAB) is a condition characterized by urinary urgency, with or without urge incontinence, usually associated with frequency and nocturia. It is known that symptoms caused by OAB deteriorate one's quality of life (QOL). OAB symptoms have usually been quantified by counting the episodes of micturition, urgency, or urge incontinence. A reduction in these episodes has been used to estimate the therapeutic efficacy. Recently overactive bladder symptom score (OABSS) has been developed and validated¹, and it is thought to be a useful tool for research and clinical practice. Antimuscarinic drug therapy remains the first line management of patients with OAB. In this study, we attempted to examine the efficacy of OABSS as an index of therapeutic effectiveness when we treat with antimuscarinic drug in patients with OAB by using QOL index.

(OABSS: The maximal score was defined as 2, 3, 5, and 5 for daytime frequency, nighttime frequency, urgency, and urgency incontinence, respectively.)

Study design, materials and methods

96 patients, including 37 men and 59 women, with a mean age of 68.6 years (range 24 to 86) who presented to the outpatients clinic complaining of urinary urgency and voiding frequency (more than 8 times per day) were enrolled in this study. All patients were subjected to a diagnostic work-up of medical history, OABSS and QOL-index, King's health questionnaire, urinalysis, UFM and frequency-volume chart. Patients with any history of medical or surgical therapeutic intervention for their urinary symptoms were excluded. All patients received antimuscarinic drug, propiverine 20mg /day. Sensitivity of OABSS and QOL index to therapeutic effects was evaluated after 4, 8, 12 weeks of treatment.

Results

The sum score of the OABSS was significantly reduced after treatment with propiverine.

Propiverine was significantly effective in improving urgency, micturition frequency, nocturia and urinary incontinence. However Qmax and post void residual did not significantly change. The average voided volume was also increased by frequency-volume chart.

The OABSS and QOL index were well respond to therapy with an antimuscarinic agent. A strong correlation was observed between individual symptoms scores (daytime frequency, nighttime frequency, urgency and urge incontinence) and QOL index after 4 weeks treatment (Fig.1).

Interpretation of results

The OABSS correlated with QOL index. The treatment of OAB with propiverine improved their QOL and the OABSS proved to be a useful tool for assessing the therapeutic efficacy in patients with OAB.

Concluding message

The OABSS was useful for assess the efficacy of treatment in patients with OAB.

References

1. Urology (2006) 68; 318-323.

Fig.1

【 Correlation between individual symptoms scores and QOL index 】

	OABSS			
	Daytime frequency	Nighttime frequency	Urinary urgency	Urge incontinence
QOL index	r=0.31 (p=0.016)	r=0.35 (p=0.007)	r=0.44 (p=0.0005)	r=0.29 (p=0.026)

After treatment (4 weeks)

<i>Specify source of funding or grant</i>	none
<i>Is this a clinical trial?</i>	No
<i>What were the subjects in the study?</i>	HUMAN
<i>Was this study approved by an ethics committee?</i>	Yes

<i>Specify Name of Ethics Committee</i>	Nagoya City University
<i>Was the Declaration of Helsinki followed?</i>	Yes
<i>Was informed consent obtained from the patients?</i>	Yes