

THE EFFECT OF POSTOPERATIVE PHYSICAL ACTIVITY ON THE OUTCOMES OF TRANSOBTURATOR TAPE PROCEDURE

Hypothesis / aims of study

This study was aimed at evaluating and comparing the clinical efficacy, satisfaction and complication of patients with transobturator tape (TOT) operation according to physical activity after surgery.

Study design, materials and methods

45 women with stress urinary incontinence who underwent TOT procedure between September 2007 and February 2008 were included in this study. To assess whether outcome was influenced by the physical activity after surgery, the patients were divided into two groups: Active group (n=19) was defined as no restriction of activities or immediate return to all activities and Inactive group (n=26) scheduled return to special activities. Preoperatively, the patients were evaluated with history taking, a physical examination, a one-hour pad test, uroflowmetry and urodynamic study. The procedure was carried out using a previously established method under local anesthesia. The post-operative symptoms and patient satisfaction were assessed by questionnaire.

Results

There was no significant difference between the 2 groups in terms of the success rate: cure (56.3% vs. 61.5%, p=0.757), improved (37.5% vs. 38.5%, p=1.000), and same as preoperation (6.2% vs. 0%, p=0.381) for Active and Inactive group, respectively. In addition, the patient satisfaction rate was not different significantly between 2 groups. The intraoperative complications were not found.

Table 1. Patient characteristics

	Active (n=19)	Inactive (n=26)
Age (years)	52.9±8.2	53.6±9.0
Duration of incontinence (years)	6.8±5.7	5.4±6.4
Follow-up (months)	14.5±1.6	14.7±1.5
Grade of incontinence		
I (%)	0 (0)	0 (0)
II (%)	16 (84.2)	24 (92.3)
III (%)	3 (15.8)	2 (7.7)

Table 2. Success and satisfaction rate

	Outcome	No. of patients (%)	
		Active (n=16)	Inactive (n=26)
Success	Cure	9 (56.3)	16 (61.5)
	Improved	6 (37.5)	10 (38.5)
	Same as preoperation	1 (6.2)	0 (0)
Satisfaction	Very satisfied	8 (50.0)	12 (46.2)
	Satisfied	7 (43.8)	12 (46.2)
	Unsatisfied	0 (0)	2 (7.6)
	Very unsatisfied	1 (6.2)	0 (0)

Interpretation of results

Regardless of physical activity after surgery, TOT procedure showed high success rate and satisfaction for treating female stress urinary incontinence.

Concluding message

We consider the TOT procedure to be an effective treatment for stress urinary incontinence, with no restriction of activities or immediate return to all activities.

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?	Yes
Specify Name of Ethics Committee	PNUH IRB (Pusan National University Hospital Institutional Review Board)

<i>Was the Declaration of Helsinki followed?</i>	Yes
<i>Was informed consent obtained from the patients?</i>	Yes
