AUDIT TO EVALUATE THE DIFFERENCE IN QUALITY OF LIFE USING BRITISH FEMALE LOWER URINARY TRACT SYMPTOMS (BFLUTS) QUESTIONNAIRE PRE AND POST TRANSOBTURATOR (TOT) PROCEDURE

Audit to evaluate the difference in quality of life using British Female Lower Urinary Tract Symptoms (BFLUTS) questionnaire pre and post Transobturator (TOT) procedure

Hypotheses: Urinary incontinence (UI) is a common condition that may affect women of all ages, with a wide range of severity and nature. Although rarely life-threatening, UI may seriously influence the physical, psychological and social well-being of affected individuals. Retropubic mid-urethral tape procedures using a ‘bottom-up’ approach with macroporous (type 1) polypropylene meshes are recommended as treatment options for stress UI where conservative management has failed. Synthetic slings using a retropubic ‘top-down’ or a transobturator foramen approach are recommended as alternative treatment options, provided that women are made aware of the lack of long-term outcome data. (NICE Guidelines 2006)

Aim of the Audit: To evaluate the quality of life before and after the TOT procedure.

Audit design, materials and methods: This was a retrospective audit of the patients who had TOT between May 2005 and February 2009. BFLUTS questionnaire was used to analyse the quality of life before and after the procedure.

Results: 94 procedures were done between May 2005 and February 2009. 50 women participated in the audit. The median age was 55 yrs in the group. 80% of the women had no nocturia after the procedure. 70% could delay emptying bladder for 3-4 hours. 84% reported as completely dry after the procedure. 70% of women had improved sex life. 78% of women reported the overall quality of life improved after the procedure.

Interpretation of results: TOT is a safe and effective procedure which improves the quality of life significantly with success rate of 84%.

Concluding Message: TOT is a safe procedure for urodynamic stress incontinence.

References
1. Nice Guidelines-2006

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 No

Was the Declaration of Helsinki followed? No

This study did not follow the Declaration of Helsinki in the sense that Not applicable

Was informed consent obtained from the patients? Yes