

IS POSTAL POST-OPERATIVE FOLLOW-UP IN UROGYNAECOLOGY FEASIBLE?

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Introduction

- The need for a routine post-operative follow up appointment following urogynaecological surgery has been little investigated. There is wide variation in practice.¹
- This study aims to determine the viability of postal post-operative follow up in women undergoing urogynaecological surgery; and to evaluate the use of the ICIQ questionnaires for this purpose.

Methods

- Retrospective review of prospectively collected data.
- All women who had prolapse and/or incontinence surgery between January and June 2010.
- Questionnaires (ICIQ-VS, SM, QoL, and ICIQ-FLUTS) were completed before surgery and, by post, 6 months post-operatively.

- Women with complications, or not satisfied with the outcome, or whose postoperative ICIQ scores did not show an improvement were contacted by phone and offered an outpatient clinic appointment.
- The primary outcome of the study was the response rate to postal follow up.

Results

- Seventy women had urogynaecological surgery during the study period.
- Tables 1 and 2 show the results

Discussion

- To our knowledge this type of follow up has previously only been reported following day-cases in General Surgery², where it was found to be effective.
- This study shows a very good response to postal follow up using the ICIQ questionnaires.

- The postoperative questionnaires scores showed a statistically significant improvement in symptoms compared to the preoperative scores.
- This results in only a small proportion of women needing hospital attendance for postoperative follow up.

Conclusion

- Postal follow up with ICIQ questionnaires is effective.
- It allows evaluation and audit of women's symptoms before and after surgery for prolapse and/or urinary incontinence.

References

- 1 Duckett JR, et al (2004) *J Obstet Gynaecol* 24(7):785-93
- 2 Wedderburn AW, et al (1996) *Ann R Coll Surg Engl* 78 (2 Suppl):70-1

Table 1: Follow up data

Surgery	n (%)	Returned ICIQ-Questionnaires n (%)	95% CI	p value	Required Clinic follow up n (%)	95% CI	p value
Prolapse only	38 (54%)	35 (92%)	79 - 97%	<0.0001	4 (11%)	4 - 24%	<0.0001
Incontinence only	28 (40%)	26 (93%)	77 - 98%	<0.0001	2 (7%)	2 - 22%	<0.0001
Both	4 (6%)	4 (100%)	51 - 100%	0.06	1 (25%)	4 - 70%	0.375
Total	70 (100%)	65 (93%)	84 - 97%	<0.0001	7 (10%)	5 - 19%	<0.0001

Table 2: ICIQ Questionnaires Scores

ICIQ Questionnaires (Score range)	PAIRS	Median Difference (95% CI)	Wilcoxon's rank p value
VS (0 - 53)	59	11 (8.5 - 14)	< 0.0001
SM (0 - 58)	29	13 (9 - 18.5)	< 0.0001
FLUTS (0 - 48)	57	10 (8 - 12)	< 0.0001
QoL (0 - 10)	56	4 (3 - 5)	< 0.0001