

# # 744 The bother of nocturia - the comparison between data from questionnaire and frequency-volume charts-

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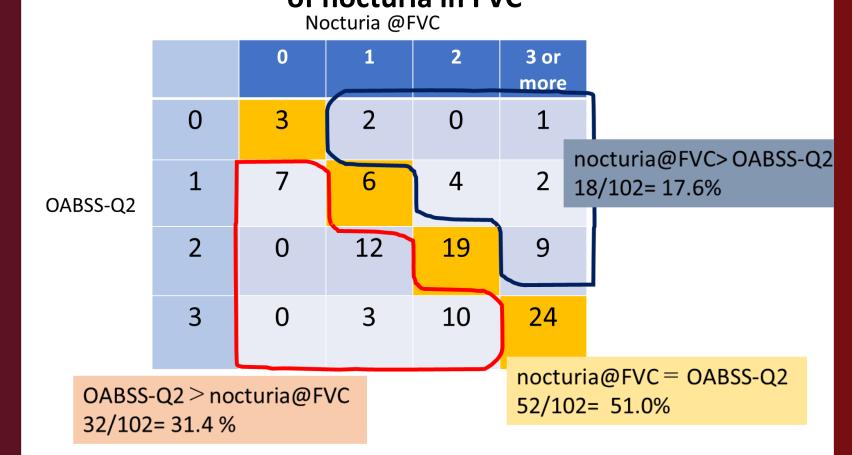
## Hypothesis / aims of study

- Nocturia is one of the most common lower urinary tract symptoms.
- Nocturia ≥ 2 times is thought to interfere with good sleep and quality of life <sup>1-3</sup>.
- Our aim of this study is to investigate patient bother in nocturia using Overactive Bladder Symptom Score (OABSS)<sup>4</sup>, frequency volume chart (FVC) and the OABSS-VAS questionnaire <sup>5</sup>, which describes bother for each item of the OABSS on a 0-100 mm VAS scale.

## Study design, materials and methods

- A total of 102 patients (33 males and 69 females) who visited our outpatient clinic with LUTS and whose OABSS, OABSS-VAS questionnaire, and FVC were available were retrospectively evaluated.
- Bother from nocturia were examined in relation to selfreported nocturia frequency (using the OABSS-Q2) and nocturia frequency on FVC. Bother from nocturia was assessed on 100mm VAS scale (0; very happy to 100; terrible).

#### **Results and interpretation** 3. The comparison between OABSS-Q2 and number of nocturia in FVC



In the comparison with FVC and OABSS-Q2, the actual number of nightly voids in the FVC and the OABSS nocturia score were modestly intercorrelated (r = 0.603, P < 0.001).

The agreement of nocturnal frequency was achieved in only 51 (52/102) %. However, in the patients who underestimate (18% (18/102)) or overestimate (31%(32/102)) the frequency in OABSS-Q2, only 6(6/102)patients had a difference of more than two points.

- Noctural frequency by FVC was averaged over 3 days and rounded to the nearest whole number for comparison with the OABSS-VAS.
- This study was approved by the Ethics Committee of Kyoto prefectural university of medicine.

Example	Delighted Pleased Masely satisfied Masely estimated diseatisfied diseatisfied diseatisfied diseatisfied diseatisfied diseatisfied terrible the point of the terrible the terrible terrible the terrible terrible terrible the terrible terrible terrible terrible the terrible terrible terrible terrible terrible terrible the terrible terribl	OABSS-VAS questionnaire
1.Frequency To urinate again less than two hours before you finished urinating	Delighted Terrible	questionnane
2.Nocturia Frequent voiding at night	Delighted Terrible	
3.Urgency Difficulty to postpone urination	Delighted Terrible	Delighted Pleased Mostly satisfied and
4.Incontinence	Delighted Terrible	Delighted Terrible <b>10cm VAS</b> (Visual Analogue Scale)
	QOL due to Total Ufinary Symptoms at of your life with your urinary condition just the way it is	
-	ut that? Please mark on the linear scale below.	

### **Results and interpretation**

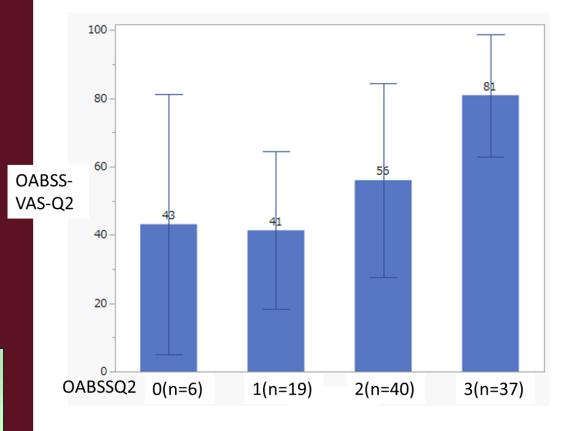
#### 1. Patient background: OABSS、OABSS-VAS

	mean(SD)
Age, years	73(13)
Male/Female, n(%)	33(32)/69(68)
OAB*, n(%)	77(75)
OABSS Q1 Q2 Q3 Q4 OABSS total	0.9(0.60) 2.1(0.89) 2.9(1.5) 2.3(1.7) 8.1(3.1)
OABSS-VAS Q1 Q2 Q3 Q4 VAS-QOL	60(28) 62(29) 69(28) 65(33) 72(26)

- The mean±SD age of the patients was 73 ± 13 years.
- 75% of the patients were diagnosed with OAB.
- The OABSS total score was 8.1 ±

3.1.

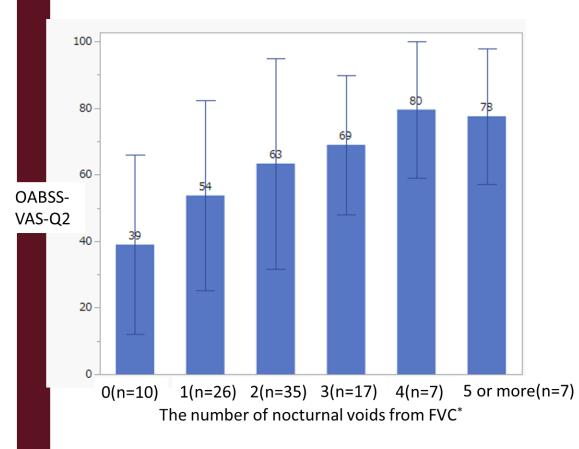
#### 4. Bother by nocturnal frequency (OABSS-Q2)



The OABSS-VAS for each OABSS-Q2 value was 43±38 for Q2=0 (nocturia 0 times, n=6), 41±23 for Q2=1 (nocturia 1 time, n=19), 56±28 for Q2=2 (nocturia 2 times, n=40), and 81±18 for Q2=3 (nocturia ≥3 times, n=37). Patients with two or more nocturia were also significantly more bothersome than those with one or less nocturia  $(mean 68 \pm 27 vs 42 \pm 26)$ p=0.0001).

OABSS-Q2	VAS-Q2, mean(SD)	р
0-1 vs 2 or more	42(26) vs 68 (27)	0.0001

#### 5. Bother by nocturnal frequency (FVC)



The OABSS-VAS for each nocturnal frequency on FVC was  $39\pm27$  for 0 time (n=10),  $54 \pm 29$  for 1 time (n=26),  $63 \pm 32$  for 2 times(n=35), and  $70\pm23$ for 3 or more times (n=31). Patients with two or more nocturia (OABSS-Q2>1) were significantly more bothersome than those with one or less nocturia (OABSS-Q2≤1) (mean 69±27 vs 49±28, p=0.0009).

nocturia@ FVC	VAS-Q2, mean(SD)	р
0-1 vs 2 or more	49(28) vs 69 (27)	0.0009

OAB\*:OABSSQ3>1 and OABSS total score>2

#### 2. Patient background : FVC

	mean(SD)
24h-urine volume, ml	1623(623)
Nocturnal urine volume, ml Npi <sup>*</sup>	540(283) 0.34(0.13)
Patients with NP <sup>**</sup> , n(%)	50(49)
Number of voids/day	11.2(4.2)
Number of nighttime voids	2.1(1.6)
Mean voided volume, ml Maximum voided volume, ml	158(68) 285(145)
	203(143)

\*Npi(nocturnal polyuria index) was calculated as follows: nocturnal urine volume (sum of urine volume between bedtime and the first void of the next day)/24-hour urine volume.

\*\*NP(nocturnal polyuria) was defined as 0.33 or more of Npi.

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0, 3 05 (27)

0.0005

\*The number of nocturnal voids is calculated from the average of 3 days FVC. The number is rounded to the nearest whole number.

### Conclusions

Nocturnal frequency in FVC and patient reported nocturnal score were modestly intercorrelated. Nocturia of two or more times during the night significantly bothered patients in both FVC and patient reported nocturia frequency.

#### References

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