


# Evaluating General Practitioners' Awareness, Attitudes, and Practices in the Management of Nocturia Across Europe

Francois Hervé, Mehmet Gokhan Culha, Sabrina De Cillis, Cyrille Guillot-Tantay, Antonio Tienza Fernandez, Manuela Tutolo, Luis Vale, Fabiana Cancrini, Steeve Doizi, Paolo Geretto, Nicholas Raison, Veronique Phé, Nadir Osman, Mikolaj Przydacz

Young Academic Urologists (YAU) group of the European Association of Urology (EAU), section Functional Urology




**Nocturia**  
Prevalent  
multifactorial LUTS  
↓ QoL & ↑ morbidity


**General Practitioners (GPs)**  
Screen  
Investigate  
Initiate management

**AIMS:**  
Assess GP

- Knowledge
- Confidence
- Diagnostic practices
- Referral behaviors


Regarding nocturia in diverse European settings






**METHODS**  
➤ GP's / European countries  
➤ Survey

Demographic data	Diagnostic methods
Perceived knowledge	Referral patterns
Comfort in managing nocturia	Frequency of patient encounters



**RESULTS**

- 65 responses were retrieved
- Overall awareness



**Workup**

Only 23,1% of GPs (n = 15) noted that nocturia was mentioned spontaneously by patients

50.8% (n = 33)


76.9% (n = 50)

46.2% (n = 30)  
Most GPs (75.4%) were willing to provide a voiding diary

Lack of knowledge

Lack of access

Lack of time



Referral to urologists, (67.7%, n = 44)  
sleep specialists & neurologists were rare (3.1% and 4.6%)

**KNOWLEDGE**

Excellent	0%
Relatively good	27.7%
Moderate	61,5%

paralleled by similar levels of comfort (56.9% moderately confident)

Cause of Nocturia	n (%)
Overactive bladder	60 (92.3%)
Fluid intake and dietary habits	59 (90.8%)
Sleep disorders (e.g., obstructive sleep apnea)	37 (56.9%)
Hypertension	37 (56.9%)
Lower limb edema	33 (50.8%)
Hormonal changes (e.g., menopause)	33 (50.8%)
Renal insufficiency	27 (41.5%)

**KNOWLEDGE**

Good	84.2%
Poor	47,6%



(p < 0.05)

**CONCLUSION**

- Urological & lifestyle-related origins of nocturia: well known among GPs
- Systemic and multifactorial etiologies remains more variable
- Gap between knowledge and implementation
- Voiding diaries are underutilized despite their recognized utility