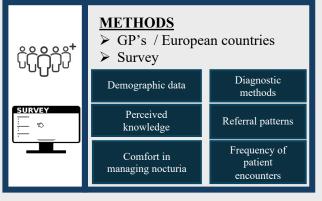
## **Nocturia** Prevalent multifactorial LUTS ↓ QoL & ↑ morbidity **General Practitioners (GPs)** Screen Investigate Initiate management



Assess GP

2

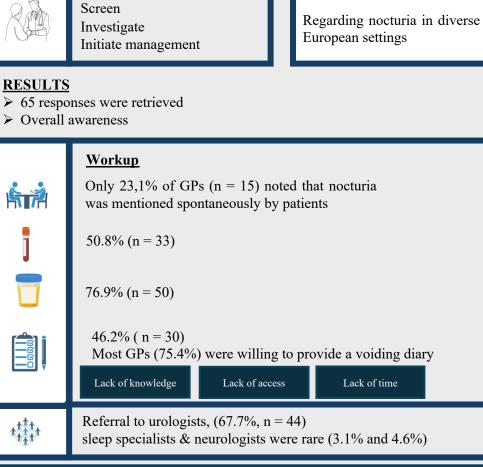
- Knowledge
- Confidence
- Diagnostic practices
- Referral behaviors



0%

27.7%

61,5%



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

KNOWLEDGE

Excellent

Relatively good

Moderate





eUROGEN Urogenital Diseases



paralleled by similar levels of comfort

(56.9% moderately

confident)

n (%)

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

## **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

**Evaluating General** 

**Across Europe** 

Practitioners' Awareness,

Attitudes, and Practices in

the Management of Nocturia