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DOES PHYSIOTHERAPIST-GUIDED PELVIC FLOOR MUSCLE TRAINING INCREASE THE QUALITY OF LIFE IN PATIENTS AFTER RADICAL PROSTATECTOMY? A RANDOMIZED CLINICAL STUDY

Hypothesis / aims of study
To study the effect of postoperative physiotherapist-guided pelvic floor muscle training (PFMT) on HRQOL parameters in patients treated with radical prostatectomy (RP).

Study design, materials and methods
A prospective randomized controlled trial was conducted at St. Olavs Hospital, Trondheim University Hospital. A total of 85 men were randomized into two intervention groups (A and B). Group A (n=42) were offered physiotherapist guided PFMT (groups or by DVD) once weekly throughout the first 12 months after RP, while patients in group B (n=43) trained by their own. HRQOL data was assessed by using UCLA-PCI and SF-12. The physical component summary (PCS) and mental component summary (MCS) scores of the SF-12 plus the urinary, sexual and bowel function and bother of the UCLA-PCI make up the eight quality of life outcomes used in this study. Data were obtained preoperatively (baseline), 6 weeks and 3, 6 and 12 months postoperatively.

Results
Eighty patients completed at least one follow-up assessment, 38 in group A and 42 in group B, giving a dropout rate of 5.9%. The overall response rates were 96 % at baseline, 83 % at 6 weeks, 90 % at 3 months, 88 % at 6 months and 68 % at 12 months. We found no statistically significant difference in HRQOL between group A and group B.

Interpretation of results
Our study showed no statistically significant difference between the intervention groups in both disease-specific (UCLA-PCI) and general (SF-12) HRQOL parameters.

Concluding message
Even though physiotherapist-guided training of the pelvic floor muscles after RP has been shown to reduce the incidence of postoperative urinary incontinence significantly compared to those patients receiving standard care, this was not reflected in better outcome in HRQOL parameters.

Disclosures
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