

SINGLE INCISION MID URETHRAL SLING FOR URINARY INCONTINENCE; SMALL TAPE FOR A BIG PROBLEM

Hypothesis / aims of study

Urinary stress incontinence (USI) is a common condition affecting nearly 20% of women over 40 years of age. While rarely life-threatening, incontinence may seriously influence the physical, psychological and social wellbeing of affected individuals. The impact on the families and carers of women with urinary incontinence may be profound, and the resource implications for the health service considerable (1). It is crucial that treatment of such a common condition is provided in the most effective manner. There are several surgical techniques for such treatment. Since 2007 we have offered women in the region who suffer from USI a single incision, local anesthetic procedure on a day case basis.

Study design, materials and methods

All patients who were implanted with a MiniArc™ single incision mid urethral sling (American Medical Systems, Minnetonka, USA) since July 2007-December 2013 were reviewed. The review focused on the nature of incontinence preoperatively, urodynamic findings and previous treatments. In addition, operative and success rates were assessed.

Results

208 cases were performed during this period, with a median follow-up of 3 years and a success rate of 82.7%. Eleven patients failed to attend their follow-up. The procedure was performed either under local anaesthetic with sedation or general anaesthetic. In our cohort; 8 patients (3.8%) failed to void spontaneously post operatively and needing catheterising (mostly temporarily, only one needed surgery), 2 patients (1%) had extrusion of the tape and needed surgery to remove the extruded segment and 16 patients (8%) had de novo bladder overactivity.

Interpretation of results

This shows that the single incision sling is an effective treatment and with minimum complications, which is performed under local anaesthetics. The success rate is similar to other published data for mid urethral slings (TVT, TVTO and TOT)

Concluding message

This study shows that single incision mid urethral sling appears to be an effective treatment option for women with urinary stress incontinence within a day case setting.

References

1. National Institute for Health and Care Excellence (2013) Urinary incontinence: The management of urinary incontinence in women. (CG171). London: National Institute for Health and Care Excellence.

Disclosures

Funding: None **Clinical Trial:** No **Subjects:** HUMAN **Ethics Committee:** None **Helsinki:** Yes **Informed Consent:** Yes