

## IS THE FIRST DAY OF THE BLADDER DIARY ENOUGH TO ASSESS THE RELIABILITY OF SYMPTOM REPORTS IN WOMEN WITH LOWER URINARY TRACT SYMPTOMS?

### Hypothesis / aims of study

The 3-Day Bladder Diary (3dBD) showed good feasibility, reliability and validity to be used in the assessment of LUTS in women (1). The aim of the study is to evaluate the reliability of the first day of the (3dBD) in the assessment of the symptoms of women with Lower Urinary Tract Symptoms (LUTS).

### Study design, materials and methods

An epidemiologic, descriptive, cross-sectional and prospective study was conducted and 14 Functional Urology and Urodynamic Units participated. 136 women with mean age (SD) 55.2 (13.8) years with LUTS filled in the 3dBD. Investigators completed the evaluation sheet on the basis of interpretation of the three patient-completed sheets. A centralized lecture of the diaries was done by the authors. A descriptive analysis of 3dBD was performed. Intraclass correlation coefficient (ICC) was used to assess the agreement between the first day BD (1dBD) results and the 3dBD global results. The degree of agreement in several groups: <0 indicates that there is no agreement, 0–0.4 poor agreement, 0.4–0.59 moderate agreement, 0.6–0.74 good agreement and >0.74 excellent agreement.

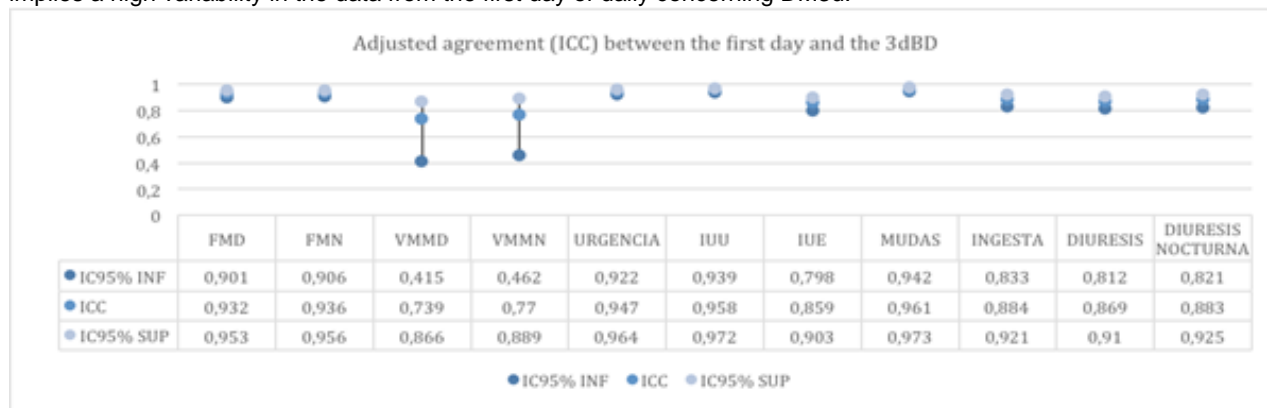
### Results

110 women completed 3dBD. Table 1 shows the 3dBD global results and the 1dBD results. As shown in the figure, daytime micturition frequency, nocturia, urgency, urgency urinary incontinence (UUI) and pads shows an excellent concordance. Also Stress urinary incontinence (SUI), fluid intake and 24hour production have a good/excellent concordance. However voiding volumes exhibit a moderate level of agreement with a wide confidence interval which implies a high variability in the data from the first day of daily concerning DM3d.

| Table 1. Descriptive analysis           |     |        |       | 3dBD    |       |      | FIRST DAY |       |        |       |      |
|---|-----|--------|-------|---------|-------|------|-----------|-------|--------|-------|------|
|   | N   | Mean   | SD    | Median  | Min   | Max  | Mean      | SD    | Median | Min   | Max  |
| FMD: Daytime Frequency                  | 104 | 8      | 3     | 7,3     | 3,7   | 19,7 | 8,1       | 3,4   | 7      | 3     | 21   |
| FMN: Nocturia                           | 101 | 1,2    | 1,6   | 0,7     | 0     | 7    | 1,3       | 1,7   | 1      | 0     | 8    |
| VMMD: Daytime Maximum Voided volumen    | 101 | 365,8  | 139,1 | 350     | 100   | 850  | 309,2     | 119,6 | 300    | 75    | 600  |
| VMMN: Nocturnal Maximun VV              | 54  | 265,7  | 170,3 | 250     | 0     | 700  | 201,9     | 150,7 | 200    | 0     | 600  |
| Urgency                                 | 101 | 3,7    | 3,8   | 3       | 0     | 20,7 | 3,8       | 4,3   | 3      | 0     | 23   |
| UUI: Urgency urinary incontinence       | 102 | 2      | 3     | 0,8     | 0     | 21,3 | 1,9       | 3,1   | 1      | 0     | 23   |
| IUE: Stress urinary incontinence        | 102 | 0,4    | 0,8   | 0       | 0     | 3,3  | 0,4       | 0,8   | 0      | 0     | 4    |
| MUDAS: pads                             | 100 | 2,1    | 3     | 1       | 0     | 21,3 | 2,1       | 3,4   | 1      | 0     | 23   |
| INGESTA: intake                         | 100 | 1367   | 695,2 | 12F21,7 | 225   | 5000 | 1392,7    | 621,1 | 1250   | 621,1 | 3300 |
| DIURESIS: 24h production                | 101 | 1653,5 | 750,3 | 1458,3  | 518,3 | 4875 | 1710,2    | 932,1 | 1540   | 580   | 8025 |
| DIURESIS NOCTURNA: Nighttime production | 74  | 303,3  | 296,7 | 1300    | 0     | 1300 | 306,5     | 337,2 | 237,5  | 0     | 1200 |

### Interpretation of results

As shown in the figure, daytime micturition frequency, nocturia, urgency, urgency urinary incontinence (UUI) and pads shows an excellent concordance. Also Stress urinary incontinence (SUI), fluid intake and 24hour production have a good/excellent concordance. However voiding volumes exhibit a moderate level of agreement with a wide confidence interval which implies a high variability in the data from the first day of daily concerning DM3d.



### Concluding message

The first day of the 3dBD showed a good reliability in the assessment of LUTS in women in all parameters apart from the voided volume variables.

### References

1. Jiménez Cidre, M.A., López-Fando Lavalle, L., Esteban Fuertes, M., et al. The 3-day bladder diary is a feasible, reliable and valid tool to evaluate the lower urinary tract symptoms in women. *Neurourol. Urodynam.* 2015. 34:128-132.

Disclosures

**Funding:** There is no source of funding or grant **Clinical Trial:** No **Subjects:** HUMAN **Ethics not Req'd:** because it is a descriptive study. **Helsinki:** Yes **Informed Consent:** Yes