PATIENT-CENTERED GOALS FOR HOLMIUM LASER ENUCLEATION OF PROSTATE: A SUBJECTIVE EVALUATION OF SUCCESSFUL SURGICAL OUTCOME

Hypothesis / aims of study
To evaluate the impact of symptom specific patient-centered goal on postoperative patient satisfaction and quality of life in patients who received HoLEP (Holmium Laser Enucleation of the Prostate) for benign prostate hyperplasia (BPH).

Study design, materials and methods
230 men with BPH visited our clinic before surgery and asked to make his patient-centered goals for surgery. In this follow-up study, participants were asked to indicate the level of goal attainment (goal attainment scale, GAS; +2=completely), postoperative satisfaction expressed as a percentage of 100% satisfied (0-100%), and quality of life (IPSS QoL). Goal achievement was defined as GAS +1 and +2. We investigated additional information about whether they would have surgery again if necessary and recommend this surgery to another patients. Telephone and visiting interviews were performed by single investigator.

Results
Of the 230 study participants, 182 (79.1%) were complete this study. Mean GAS was 0.8±0.8 (-2 - +2) and preoperative goals were achieved in 140 patients (76.9%). Mean postoperative patient satisfaction rate was 74.6±19.5% (0-100%) and Mean QoL scale was 1.8±1.1 (0-6). 155 patients (85.2%) and 148 patients (81.3%) responded "yes" about whether they would surgery again if necessary, and recommend this surgery to another patients, respectively. Postoperative satisfaction and QoL were statistically significantly correlated to GAS (r=0.775, p<0.001 and r=-0.725, p<0.001 respectively).

Interpretation of results
The patients who underwent HoLEP presented successful surgical outcomes according to the patient-centered goal attainment scale which was significantly correlated to postoperative satisfaction and QoL.

Concluding message
Attainment of preoperative patient centered goal is associated with improved postoperative patient satisfaction and QoL.

Disclosures
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