

## 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=not at all, +2=completely), postoperative satisfaction expressed as a percentage of 100% satisfied (0-100%), and quality of life (IPSS QoL). Goal achievement was defines 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  $0.8 \pm 0.8$  (-2 - +2) and preoperative goals were achieved in 140 patients (76.9%). Mean postoperative patient satisfaction rate was  $74.6 \pm 19.5\%$  (0-100%) and Mean QoL scale was  $1.8 \pm 1.1$  (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

**Funding:** NONE **Clinical Trial:** No **Subjects:** HUMAN **Ethics Committee:** PNUH-IRB **Helsinki:** Yes **Informed Consent:** Yes