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## **USEFULNESS OF CLASSICAL HOMEOPATHY FOR THE PROPHYLAXIS OF RECURRENT URINARY TRACT INFECTIONS IN INDIVIDUALS WITH CHRONIC NEUROGENIC LOWER URINARY TRACT DYSFUNCTION – A PROSPECTIVE STUDY**

### Hypothesis / aims of study

To investigate the usefulness of classical homeopathy for the prevention of recurrent symptomatic urinary tract infections (UTI) in patients chronic neurogenic lower urinary tract dysfunction (NLUTD) due to spinal cord injury (SCI).

### Study design, materials and methods

patients with NLUTD due to chronic (> 1 year) SCI and at least three UTI/year were included in a prospective, controlled study. Participants were treated either with a standardized prophylaxis alone or in combination with homeopathy. Bladder management remained unaltered. The number of UTI, specific quality of life (QoL) (Kings Health questionnaire; KHQ), general QoL (EQ-5D), and satisfaction with the treatment were assessed prospectively for one year and compared to baseline data as well as between the two groups.

### Results

Ten patients were in the control group; 25 patients received adjunctive homeopathic treatment. The median number of self-reported UTI in the homeopathy group decreased significantly, whereas it remained unchanged in the control group. The domain incontinence impact of the KHQ improved significantly ( $p=0.035$ ), whereas the general QoL did not change. The satisfaction with homeopathic care was high.

### Interpretation of results

Adjunctive homeopathic treatment lead to a significant decrease of UTI in SCI patients. Satisfaction with the treatment was high.

### Concluding message

Classical homeopathy could be considered for UTI prophylaxis in SCI patients with recurrent UTI

### Disclosures

**Funding:** B.K. Bose Foundation **Clinical Trial:** Yes **Registration Number:** ClinicalTrials.gov. (NCT01477502). **RCT:** No  
**Subjects:** HUMAN **Ethics Committee:** Ethikkommission Nordwest- und Zentralschweiz **Helsinki:** Yes **Informed Consent:** Yes