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Title (type in  
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LETTERS)CHANGES IN BLADDER COMPLIANCE OVER TIME AND EFFECTS OF  
BLADDER MANAGEMENT ON COMPLIANCE IN SPINAL CORD INJURY  
PATIENTS

**Aims of Study:** Controversy continues on the optimal method of bladder management for spinal cord injury patients. This study investigates the changes in bladder compliance over time and the effects of bladder management on compliance.

**Methods:** A retrospective review of the charts and video-urodynamic studies of 269 patients with well defined suprasacral spinal cord injuries was performed. Normal compliance was defined on urodynamics as greater than or equal to 12.5 cc/cm H<sub>2</sub>O. Patients were categorized according to the year of injury into 5 year intervals spanning the past 20 years or a fifth interval if the year of injury was over 20 years ago. Also patients were categorized according to the predominant method of bladder management since injury: 73 patients used clean intermittent catheterization (CIC), 133 patients used chronic Foley catheterization, and 63 patients spontaneously voided.

**Results:**

Number of patients (Percentage patients per time interval)

	1994-98	1989-93	1984-88	1979-83	Before 1978
Normal compliance	25 (64)	38 (64)	21 (58)	11 (55)	39 (34)
Poor compliance	14 (36)	21 (36)	15 (42)	9 (45)	76 (66)

Number of patients (Percentage of patients per bladder management method)

	CIC	Foley	Voiding	Subtotal
Normal compliance	59 (81)	32 (24)	43 (68)	134
Poor compliance	14 (19)	101 (76)	20 (32)	135

**Conclusions:** This series reveals a significant decrease in compliance over a long term regardless of the type of bladder management and a statistically significant advantage for preserving compliance with CIC compared to chronic Foley catheterization ( $p < 0.001$ ) and spontaneous voiding ( $p < 0.001$ ).