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**Abstract Reproduction Form B-1**

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Title (type in  
CAPITAL  
LETTERS)URINARY INCONTINENCE AFTER RADICAL PROSTATECTOMY  
CAN BE TREATED BY PELVIC FLOOR REÉDUCATION AND  
PREDICTED BY MEASURING URINE LOSS AT CATHETER  
WITHDRAWAL: A CONTROLLED STUDY

AIMS OF THE STUDY: Urinary incontinence is a common problem after radical prostatectomy. The aims of this study are to compare the duration of incontinence in two groups one group who was treated with pelvic floor exercises and one control group and to predict the duration of incontinence.

PATIENTS AND METHODS: 102 consecutive patients who underwent a radical retropubic prostatectomy for clinically localised prostate cancer were followed during one year. The mean age of the patients was 65 years varying between 48 and 78 years. The patients were randomly allocated to an experimental group and a control group.

The patients of the experimental group attended a pelvic floor re-education program for as long as they were incontinent. Continence rates of these 50 patients were compared to the results in 52 randomized for sham therapy who were used as controls and where the spontaneous recuperation of incontinence was followed. Incontinence was objectively assessed using a 24 hour pad-test every day and as adjective control a 1 hour pad-test at the time they were continent. A loss of less than 2 gram was determined as continent.

RESULTS: Table 1 gives the duration of incontinence in days in 25%, 50% and 75% of the patients in function of the urine loss the first day after catheter in the experimental group, while in Table 2 the duration of incontinence was given in the control group. A statistical significant change in duration of incontinence was found between the experimental and the control group (log-rank test,  $p=0.0001$ ). How higher the urine loss the first day after catheter withdrawal how longer it takes before incontinence is resolved. Table 1: Urine loss the first day after catheter withdrawal in the experimental group and the duration of incontinence in days in 25%, 50% and 75% of the patients.

Urine loss	N	25%	50%	75%
2-50gr	8	4	12	21
51-100gr	8	6	16	38
101-200gr	9	10	20	31
201-500gr	10	21	57	87
> 500gr	15	42	80	117



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In the experimental group a statistical significant change in duration of incontinence was found between the 5 different groups (log-rank test,  $p=0.0001$ ).

Table 2: Urine loss the first day after catheter withdrawal in the control group and the duration of incontinence in days in 25%, 50% and 75% of the patients.

Urine loss	N	25%	50%	75%
2-50gr	7	3	16	61
51-100gr	3	21	22	31
101-200gr	12	22.5	56	84.5
201-500gr	14	49	94	241
> 500gr	16	109	158	> 365

Also in the control group a statistical significant change in duration of incontinence was found between the 5 different groups (log-rank test,  $p=0.0001$ ).

**CONCLUSION:** The duration of incontinence was significantly shorter in the experimental group than in the control group (log-rank test,  $p=0.0001$ ).

The urine loss the first day after catheter withdrawal is a measure to predict the duration of incontinence.