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Title (type in CAPITAL LETTERS, leave one blank line before the text)	
<p>A NORWEGIAN NATIONAL COHORT OF 3198 WOMEN TREATED WITH HOME-MANAGED ELECTROSTIMULATION FOR URINARY INCONTINENCE. EFFECTIVENESS AND TREATMENT RESULTS.</p> <p><u>Aims of study</u></p> <p>Encouraging experimental and clinical results have been achieved in some types of urinary incontinence with electrostimulation. The aim of the present study was to analyse the effectiveness of home-managed electrostimulation when the method was implemented as common practice in a population.</p> <p><u>Methods</u></p> <p>The study was conducted as a prospective cohort study of all 3198 women treated with home-managed electrostimulation in Norway 1992-1994. Data were collected from both patients and physicians by questionnaires before and after treatment. The first patient questionnaire covered the incontinence symptoms pre-treatment, the second experiences during treatment and changes in symptoms. The physician completed the request form which included information about the patient, diagnosis and clinical findings, and the kind of stimulator required. Adding to this they completed a questionnaire for each patient after the treatment was ended, describing reasons for choosing this particular electrostimulator, practical experiences, and results of treatment. 43, 15, 37 and 5% of the patients had stress, urge, mixed incontinence, and other diagnoses, respectively. After exclusion of patients with other diagnoses than urinary incontinence, and patients who should not be treated by stimulator, 3008 women with urinary incontinence remained for our analysis. The median age was 51 years, mean 53 (SD 14), and range 14-95 years. 47% were treated by short-term maximal (low frequency) and 53% by long-term (high frequency) electrostimulation.</p>	

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From these 3008 women we have complete baseline information about all (100%), 2720 (90%) patients returned the first questionnaire, and 2164 (72%) the second. 2092 (70%) answered both questionnaires. The physicians returned questionnaires after treatment for 2191 (73%) of the patients.

Results

29% of the women were cured or much improved according to their own assessment; altogether 61% were improved (Table I). According to the physicians' assessment, 33% were cured or much improved; a total of 55% were improved (63%, when excluding the physicians who didn't know). 37% of compliers and 12% of non-compliers regarded themselves as cured or much improved. The number of incontinence episodes, amount of leakage, and use of pads decreased significantly. 44% had less severe incontinence than before treatment according to a validated severity index.

Conclusions

Women treated with electrostimulation for urinary incontinence experienced a significant reduction of incontinence problems both subjectively and semi-objectively. The treatment results seem to be strongly dependent on good acceptance of the treatment.

Table I. Treatment results (%) according to patients and doctors. Percentages are given with all patients included (intention to treat) and for patients with data available for analysis. The last group is then divided into compliers and non-compliers.

Treatment results	All patients		Data available for analysis		Non-compliers		Compliers	
	Doctor	Patient	Doctor	Patient	Doctor	Patient	Doctor	Patient
Cured	7	4	10	6	1	2	14	8
Much better	16	16	23	23	8	10	29	29
Some improvement	15	22	22	32	21	32	23	31
Unchanged	21	24	32	36	48	51	25	29
Worse	1	2	1	3	1	5	1	3
Don't know	8	-	12	-	21	-	8	-
Missing	32	32	-	-	-	-	-	-
Number of patients	3008	3008	2044	2045	605	665	1439	1380

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