

DOES IPSS APPROPRIATELY REFLECT THE INCIDENCE OF THE SYMPTOM PATIENTS MEET AT VOIDING ?

Aims of Study

The International Prostate Symptom Score IPSS is currently the most widespread tool for the assessment of lower urinary tract symptoms (LUTS). In general, patients complete the IPSS by recalling the incidence of each symptom over the previous one month, whereas the symptoms only actually occur just when they are voiding. The aim of this study is to investigate whether or not the IPSS appropriately reflects the incidence of each symptom at voiding.

Methods

Thirty-six male patients aged 55 to 79 years old who presented to the outpatient department of Hoshigaoka Koseinenkin Hospital complaining of LUTS were studied. On the first day, the IPSS and the QOL score were completed by the patients, followed by uroflowmetry and prostatic volume measurement. Then the patients were instructed to complete a Voiding Diary (VD) for three days, in which they checked the presence or absence of the symptoms in each IPSS item just after every time of voiding. The QOL score was also checked after every time of voiding (VD-QOL). The incidence of each symptom (%VD) and the mean VD-QOL value were calculated from VD data, and were compared with the IPSS and the QOL score which were completed on the first day by linear regression analyses.

Results

Results are shown in the table.

	Symptom	Correlation coefficient	p-value
1	Sensation of not emptying completely	0.52	0.0012
2	Urinate again less than two hours	0.56	0.00041
3	Stop and start again several times	0.66	0.000013
4	Difficult to postpone urination	0.41	0.012
5	Weak urinary stream	0.58	0.00018
6	Push or strain to begin urination	0.40	0.015
7	Obstructive symptoms (3+5+6)	0.70	0.0000023
8	Irritative symptoms (1+2+4)	0.64	0.000029
9	QOL-score vs VD-QOL	0.53	0.00074

Conclusions

Although IPSS and %VD showed a significant correlation with each symptom, the coefficients were not very high ($r=0.46 \sim 0.66$). From these results, it can be concluded that the IPSS may not appropriately reflect the symptoms patients meet at voiding.