

THE NATURAL HISTORY OF DETRUSOR OVERACTIVITY: LONG-TERM FOLLOW UP OF IDIOPATHIC DETRUSOR OVERACTIVITY IN WOMEN

Aims of Study

The prevalence of overactive bladder syndrome in Western Europe and the US is around 16-17%. The most common underlying cause of overactive bladder symptoms is detrusor overactivity, diagnosed on urodynamics (UDS). To date there is no published study on the natural history of detrusor overactivity. We conducted a longitudinal study to assess the 10-year urodynamic and symptomatic follow up of women previously diagnosed with idiopathic detrusor overactivity on urodynamic assessment in our institution

Methods

A retrospective review was made of the urodynamic notes of patients diagnosed with detrusor overactivity (DO) on filling cystometrogram (CMG) in our institution a minimum of 10 years previously. The inclusion criteria selected adult female patients with idiopathic DO and no evidence of bladder outlet obstruction or relevant neurological lesion. Eligible patients were traced and contacted and asked to participate by attending for repeat UDS and validated symptom assessment (SF-36 & Bristol Female Lower Urinary Tract Symptoms score) or symptom assessment alone. A computerised, standardised history was repeated in all women. Those patients who declined to participate were asked to complete BFLUTS questionnaires to assess their symptom severity

Results

See Table.

No. of UDS Traces Reviewed = 2274 No. with idiopathic detrusor overactivity = 280 No. of these patients alive & address found = 174 (invites sent) No. of replies = 156. (of 174 = 90%)
No of patients agreeing to participate = 113 (of 174 = 65%)

Replies	Number of patients	Results	Number of patients
No of completed repeat UDS	56	Patients with detrusor overactivity on repeat UDS	51 (90%)
Completed only symptom assessment	32	Patients with overactive bladder symptoms on symptom assessment	28 (88%)
No to participation but completed symptom questionnaire	22	Patients who declined to participate but completed symptom questionnaire & had overactive bladder symptoms	18 (82%)

Conclusions

A good response rate was achieved. Detrusor overactivity was found to be present in 91% of those patients attending for repeat UDS after 10 years. Symptoms of bladder overactivity were still present in 82-88% of those who declined repeat UDS. Those patients who declined to participate in this study appear to be symptomatically similar to those that agreed to take part. Idiopathic detrusor overactivity is a persistent, chronic condition with 82-91% of patients still symptomatic 10 years after first diagnosis.