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OAB MEDICATION THERAPY: A VISUAL AID TO IMPROVE COMPLIANCE

Hypothesis / aims of study

Medication compliance is a major concern in the management of overactive bladder (OAB). Reports have shown that 40-60% of patients prescribed OAB medication do not remain on treatment after several months of therapy. The benefits of using visual aids instead of written instructions are well established in the medical field. The idea of illustrating treatment results to patients has never been investigated. This novel visual aid may better equip patients to assess current therapy and involve them in decision-making, thus improving compliance.

Study design, materials and methods

We developed a tool to display symptoms prior to treatment and later in the course of treatment using data from questionnaires that evaluated frequent urination, urinary urgency, urge incontinence, stress incontinence, nonspecific incontinence, and nocturia. The questionnaires were given to 14 patients being treated for OAB. The patients were then treated with medication and the questionnaire was re-administered after approximately 4 weeks of treatment. Data from these questionnaires were used to create a visual aid that represented changes in symptoms following treatment. Patients were shown the visual aid and the numerical results of the questionnaire and then asked which method was easier to understand.

Results

Ninety-three percent of patients positively responded to the visual aid depicting their treatment progress. Most patients who preferred the visual aid demonstrated a strong preference over the numerical representation of their treatment results.

Interpretation of results

This novel tool illustrates a patient's response to treatment in a simple way, and improves understanding of changes in symptoms. In the clinical setting patients felt they understood changes in their symptomology using this novel tool.

Concluding message

This visual aid directly involves patients in decision-making and may increase patient compliance and satisfaction with their medical treatment plan. Further investigation using a randomized control trial is needed to assess the use and long term effectiveness of this tool.