

DEVELOPMENT OF A SELF-ASSESSMENT GOAL ATTAINMENT (SAGA) QUESTIONNAIRE IN OVERACTIVE BLADDER

Hypothesis / aims of study

Core symptoms of overactive bladder (OAB) may include urgency, frequency, urgency urinary incontinence, and nocturia and are often associated with impaired quality of life. When multiple symptoms are present, affected patients prioritize their treatment goals for symptom relief and impact on quality of life. However, in the usual clinical interaction, this prioritization is known only to the patient. A measure that can be developed to address individualized treatment goals has the advantage of incorporating the patient directly in the decision-making process, can be used to establish realistic treatment expectations of outcomes, and may improve patients' satisfaction and outcomes. The aim of this study was to develop a novel goal attainment measure to achieve 2 objectives: (1) facilitate patient and provider interactions around specific individual treatment goals, and (2) assess goal achievement in groups of patients.

Study design, materials and methods

Concept-elicitation face-to-face interviews were conducted with 41 patients to determine their treatment goals in OAB and develop the conceptual framework for the instrument. The alpha version of the instrument was reviewed by OAB specialists. The instrument was then tested for comprehensiveness and usability with 10 patients in the United States and 20 patients in the United Kingdom.

Results

Goals clustered in 6 areas: coping (eg, wearing pads: n=17), symptom (partial) relief (eg, frequency: n=17), impact on quality of life including role functioning (eg, activities of daily living: n=12) and physical well-being (n=8), medication-related goals (eg, efficacy: n=4) and request of information (eg, alternative options: n=1). Goals were multidimensional (eg, reduce urgency to be able to go out).

Interpretation of results

The high number of responses related to relief of specific OAB symptoms suggested that symptom goals could be assessed using fixed closed-ended questions (8 questions). Open fields are used for collecting all other goal information such as impact on functioning. The preliminary scoring of the questionnaire is based on calculating the level of goal attainment on each goal (both open- and closed-ended questions) (scored -2 to +2), summing the scores, and calculating a t-score.

Concluding message

Overall, patients and physicians found that the Self-Assessment Goal Attainment (SAGA) questionnaire will be useful to enhance their communication about OAB symptoms and treatment goals.

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HUMAN SUBJECTS: This study was approved by the Loyola University IRB LU 108969 and followed the Declaration of Helsinki Informed consent was obtained from the patients.