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THE DEVELOPMENT AND EFFECT OF UBIQUITOUS PROGRAM FOR FEMALE PATIENTS WITH OVERACTIVE BLADDER: PROSPECTIVE, RANDOMIZED 8-WEEKS FOLLOW UP WITH QUESTIONNAIRE AND VOIDING DIARY BASED ASSESSMENT

Hypothesis / aims of study
Overactive bladder (OAB) is a representative disease which lowers the quality of human life and has a high prevalence. It is necessary for a patient to fill out a questionnaire and keep an accurate voiding diary in order to diagnose correctly. The problem is that we don't have sufficient time for office exams in the Korean medical system. Additionally, carrying out treatment is difficult owing to a lack of recognition and limitations on time and space. There are some treatments such as bladder training, lifestyle modification and pelvic floor muscle training. For this reason, we have developed a program which enables us to manage the grouping and treatment of patients using the internet and assess the efficacy of the Ubiquitous program.

Study design, materials and methods
Among the demonstrable overactive bladder patients, 20 were selected. They were classified randomly into medication group and using Ubiquitous program group. Solifenacin 10mg/d was prescribed in medication group. The patients using Ubiquitous program input answers for the health related quality of life (HRQoL) questionnaire and voiding diary. Doctors grasped the condition of patients and comment their status of disease to patient and offered patients systematic treatment guidelines and supervised a video learning program for cases of bladder training, lifestyle modification and pelvic floor muscle training for more effective education by way of the Internet. Voiding diary and HRQoL questionnaire were evaluated before treatment and 8 weeks after treatment.

Results
The overall mean age was 43.0 ± 12.6. After 8 weeks of treatment, the mean frequency in medication and Ubiquitous groups both significantly decreased from 11.9 ± 3.1 and 11.8 ± 3.4 times to 9.2 ± 2.3 and 9.1 ± 2.2 times (p<0.05 respectively). The mean urgency episodes in medication and Ubiquitous groups decreased from 10.9 ± 3.8 and 10.6 ± 4.0 times to 7.8 ± 4.0 and 7.9 ± 3.5 times, respectively. HRQoL also improved in both group.

Interpretation of results
There were no significant differences between treatment groups in efficacy of HRQoL variables.

Concluding message
Our data suggest that therapy with the Ubiquitous program provide an equal effect of normalization of micturition variables and improvement in HRQoL compare with medication treatment. We expect the management of OAB patients using this program will improve efficient treatment and help the systematic treatment as well.

Specify source of funding or grant Regional technology developing funding in Chung buk Province in Korea
Is this a clinical trial? Yes
Is this study registered in a public clinical trials registry? No
What were the subjects in the study? HUMAN
Was this study approved by an ethics committee? Yes
Specify Name of Ethics Committee CHUNG BUK NATIONAL UNIVERSITY IRB Commitee
Was the Declaration of Helsinki followed? Yes
Was informed consent obtained from the patients? Yes