

## 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, life style 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 systemical treatment guidelines and supervised a video learning program for cases of bladder training, life style 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  $43.0 \pm 12.6$ . After 8 weeks of treatment, the mean frequency in medication and Ubiquitous groups both significantly decreased from  $11.9 \pm 3.1$  and  $11.8 \pm 3.4$  times to  $9.2 \pm 2.3$  and  $9.1 \pm 2.2$  times ( $p < 0.05$  respectively). The mean urgency episodes in medication and Ubiquitous groups decreased from  $10.9 \pm 3.8$  and  $10.6 \pm 4.0$  times to  $7.8 \pm 4.0$  and  $7.9 \pm 3.5$  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 systemical treatment as well.

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<b><i>Is this a clinical trial?</i></b>	<b>Yes</b>
<b><i>Is this study registered in a public clinical trials registry?</i></b>	<b>No</b>
<b><i>What were the subjects in the study?</i></b>	<b>HUMAN</b>
<b><i>Was this study approved by an ethics committee?</i></b>	<b>Yes</b>
<b><i>Specify Name of Ethics Committee</i></b>	<b>CHUNG BUK NATIONAL UNIVERSITY IRB Committee</b>
<b><i>Was the Declaration of Helsinki followed?</i></b>	<b>Yes</b>
<b><i>Was informed consent obtained from the patients?</i></b>	<b>Yes</b>