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ANXIETY AND PAIN ASSOCIATED WITH URODYNAMIC STUDY IN FEMALE PATIENTS

Hypothesis / aims of study

Urodynamic study (UDS) is widely used in the diagnosis of voiding dysfunction; however, this procedure is invasive and bothersome for patients because it requires catheterization into the urethra and anus. We assessed patients' anxiety and pain levels caused by UDS and compared pain levels according to two types of urethral catheters.

Study design, materials and methods

A total of 60 female patients who were undergoing UDS were included in the study. Anxiety level was taken prior to the procedures and pain levels were taken immediately after the procedures by visual analogue scale (0=not al all, 10=unbearable). Just after procedures, they were asked if they were willing to undergo the same procedures and if they recommend the procedures to another people if medically indicated. 60 patients were divided into 2 groups; urodynamic urethral catheters (9Fr. PVC, n=30) were used in group I and Foley catheters (10Fr. Silicon, n=30) in group II. Transrectal balloon catheters (10Fr. 1.5 ml) were used in both groups.

Results

The mean age of both groups was 45.5±5.3 (group I) and 44.7±3.8 (group II) years old. The mean anxiety levels were relatively high (group I: 4.27±2.25, group II: 3.61±2.36), but there was no significant difference between both groups in pain level (group I: 3.90±2.32, group II: 3.32±2.40). Anxiety level prior to UDS was correlated with pain level ($r=0.492$, $P<0.001$). 42 out of 60 patient(70.0%) answered that they were willing to undergo UDS if they were asked again and 37 (61.7%) answered that they could recommend the procedure to another people. 21 patients (35.0%) were menopausal women and they showed higher anxiety level compared to non-menopausal women.

Interpretation of results

Female patients felt anxiety before UDS and pain immediately after UDS, especially in menopausal women, and the more anxious they were, the more painful they felt.

Concluding message

We need to provide sufficient explanation and comfortable environment with regard to the procedure for the patients prior to UDS to diminish patients' anxiety and pain.

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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?	**No**
This study did not require eithics committee approval because	**analysis of questionnaire**
Was the Declaration of Helsinki followed?	**Yes**
Was informed consent obtained from the patients?	**Yes**