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CLEAN INTERMITTENT SELF-CATHETERISATION IN THE ELDERLY: A FEASIBLE OPTION?

Hypothesis / aims of study: To evaluate our experience in teaching patients intermittent clean self catheterisation (ISC) and to evaluate the impact of age and gender on training success.

Study design, materials and methods: From 1/2006 to 12/2007, 310 patients aged >18 years were trained in ISC at our department. ISC was required due to bladder voiding disorders. Training was conducted by an urologist and a specialized nurse. Patient charts were reviewed and we determined whether gender or patient age influenced training success.

Results: 220 (71%) patients were male and 90 (29%) female. Mean age at time of training was 65 +/- 16 years (range 19-92 y.). Overall 25 (8%) patients failed training. Failure rate in the age group from 19-29 y. (n=9) was 0%, 30-39 y. (n=21) 0%, 40-49 y. (n=31) 0%, 50-59 y. (n=32) 3.1%, 60-69 y. (n=73) 6.8%, 70-79 y. (n=82) 11%, and >=80 y. (n=62) 16.1%, respectively (p=0.044). Mean age of patients trained successfully was 63.7 y. vs. 75.2 y. in patients who weren't able to perform ISC (p=0.0002). Gender did not significantly influence training outcome (p= 0.299).

Interpretation of results: Age affects the ability to learn and perform ISC. However, even in patients older than 80 years, over 80% are able to manage ISC successfully.

Concluding message: ISC should be offered to all patients regardless of age.

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<i>Is this a clinical trial?</i>	No
<i>What were the subjects in the study?</i>	HUMAN
<i>Was this study approved by an ethics committee?</i>	Yes
<i>Specify Name of Ethics Committee</i>	Ethic committee of the medical University of Vienna
<i>Was the Declaration of Helsinki followed?</i>	Yes
<i>Was informed consent obtained from the patients?</i>	No