

Quality of life, satisfaction and complications in patients with clean intermittent self-catheterization

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Introduction & Objectives

Clean intermittent catheterization (CIC) is the **gold standard** treatment for chronic urinary retention due to neurogenic and non-neurogenic causes. Compared to a long-term indwelling catheter, the CIC aims to provide patients with more independence, **fewer complications and a better quality of life**. The intention of this study is to analyze the level of satisfaction, quality of life and complications associated with CIC in an adult population.

Materials and methods

Single center observational (**transversal**) study.

We included patients with **chronic urinary retention of any etiology** (neurogenic bladder dysfunction, neobladder, Mitrofanoff, etc.) and under CIC treatment.

The questionnaires ISC-Q ("Intermittent Self-Catheterization Questionnaire") focused in quality of life, along with the questionnaire developed by Håkansson et al. (2015) about complications and satisfaction associated with CIC, were both **translated to Spanish and applied via telephone**.

100% are aware of their need for self-cath.

11.7% consider CIC limits them to visit friends or relatives.

66% have had at least 1 infection in the last year.

Mean CIC's per day: 4.6

1/3 have not had any UTI
1/3 have had 1-2 infections
1/3 have had 3 or more.

34 pts completed both questionnaires
44% males **66%** females
Mean age **39yrs (18-83)**

ISC-Q (satisfaction & quality of life)

97.1% consider it is easy to prepare the catheter for use each time.

23.5% consider the lubrication on the catheter makes it more difficult to use.

23.5% consider it is uncomfortable to insert the catheter.

35.3% consider taking enough catheters for a 2-week holiday is very inconvenient.

88.2% feel confident in their ability to self-catheterize.

Hakansson Questionnaire (complications during the last year)

32.3% have required to go to the emergency department for UTI's and **23.5%** have required hospital **admission** for this reason.

Only 1 (2.9%) pyelonephritis have been reported and no case of prostatitis, epididymitis or urethral stenosis.

Two (5.8%) patients reported bladder stones, both with appendicovesicostomy (Mitrofanoff).

88.2% of patients are satisfied with their current catheter while **11.8%** would be open to trying another catheter.

Results

Interpretation of results

Both questionnaires uniformly showed that most patients find it easy to use the catheters, they mostly feel comfortable and confident with CIC and the number of complications is overall low.

Conclusions

The **majority** of the patients in treatment with clean intermittent catheterization **are satisfied**, report a **good quality of life and a low rate of complications** with the exception of catheter-associated urinary tract infection.

Healthcare providers should **consider offering a trial** with another catheter every once in a while as **more than 10% of patients** that consider themselves as "satisfied" **would be willing to try another** in search for improving comfort.

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