

Case:

Male, 67 years old

Referral from Urologist from the Department of Urology, Leiden

Medication:

Blood pressure, blood diluent, cholesterol medication

Surgery in the past:

- 2003: after a heart attack > stent

- 2012: laparoscopic radical prostatectomy

Referral:

Diagnosis: Stress Urinary Incontinence after Laparoscopic Radical Prostatectomy

Domain micturition:

- Stress Urinary Incontinence during coughing, sneezing, walking, climbing stairs, jumping, running, bending, lifting.
- Only loss of urine during the day
- During the day, amount: drops
- Several times during the day, loss drops of urine
- Inlay: type 2, two pads in 24 hours

- Micturition frequency: 10/2
- Drinking: 1,5 litre he was used to, now he is drinking less because of leakage!
- Micturition: spontaneously, no hesitation, good flow, bladder completely empty, no drops.
- After LARP > once cystitis
- No complaints with micturition before surgery or as a child.

Domain defecation:

- Bowel motion: once per day
- No loss of faeces
- Consistency: normal
- Defecation: spontaneously
- Differentiation: +
- Passage +
- Bowel empty after defecation +
- Pain -, blood -, haemorrhoids -, prolapse -

Eating, drinking, sports:

- Eating: healthy
- Fluid: less, because of leakage urine
- Sports: walking, cycling, running > active man.
- Smoking -
- Healthy lifestyle

Domain sexual function:

- Erectile dysfunction since LARP
- But spontaneously erection possible
- Negative experiences -

Domain pelvic pain:

No

Domain prolapse:

No

Complementary Investigations:

PSA check > 0

Digital Palpation:

- No pain.
- Good sensory feeling.
- Voluntary relaxation: good
- MVC: strong
- Endurance: strong, but with co contractions
- Valsava Manoeuvre: paradoxal

EMG investigation post operatively:

- One minute rest: 2-3 μ V

- 10 MVC's: 29 μ V

- 3 x endurance (30 sec): 15 μ V

Treatment:

- Explanation anatomy pelvic floor
- Toilet behaviour
- Digital palpation
- EMG: relaxation, endurance, MVC
- EMG coordination
- Integration in daily activities
- Exercises lying, sitting, standing

Measurements:

- 24 hours micturition diary: 20 ml-80ml-30ml (prevention), night: 500ml
- 24 hours PAD test: beginning: 200gr, 300gr, 500gr
- 24 hours PAD test: end: 100gr
- Inlay: beginning: type 2, 2 PADS /24 hours
- Inlay: end: type 1, 1 PAD / 24 hours
- VAS score
- KHQ

