

A Critical Review of PFME after Prostatectomy

Professor Grace Dorey MBE FCSP PhD



Predictor of Post Prostatectomy Incontinence

Wille et al 2007

- Pre-op erectile dysfunction $p=0.024$
- Age $p=0.759$
- Nerve sparing $p=0.504$

Pre TURP PFME RCT

Porru et al 2001

- Intervention group $n=30$
Pre op 1 session PFME
After catheter removal PFME
- Control group $n=28$
After catheter removal Verbal & written PFME

Results at 3 weeks post catheter removal

- Intervention group 4 incontinence episodes ($p=0.01$)
- Control group 12 incontinence episodes
- (At 4 weeks no significant difference)

Pre Radical PFME RCT

Sueppel et al 2001

- Intervention group $n=8$
 - Pre op 2 sessions PFME
 - At 6 weeks post op PFME & BFB
- Control group $n=8$
 - At 6 weeks post op PFME & BFB

Results at 1 year

- Intervention group Pad weight = 2.8g (significant)
- Control group Pad weight = 33.3g

✓ Pre Radical PFME RCT

Centemero et al 2009

- 100 men
- Group A PFME Pre op & Post op
- Group B Post op PFME only
- Results at 3 months
- Group A Pre-op & Post op PFME 62% dry ($p=0.033$)
- Group B Post op PFME 38% dry

✓ Pre Radical PFME RCT

Patel et al 2013

- Intervention group n=152
PFME from 4 weeks pre op & post op
- Control group n=132
Verbal PFME instruction by surgeon pre op
Post op PFME
- Results **At 6 weeks post op**
Intervention group pad test 9g (<0.001)
Control group pad test 17g
(no significant difference at 3 months)

Pre-op & Post Radical PFME RCT

Tienforti et al 2012

- Intervention group n=16
Pre op One PFME & BFB session
Post op Monthly PFME & BFB sessions
- Control group n=16
Oral & written PFME instructions for home

Pre-op & Post Radical PFME

Tienforti et al 2012

Results

- Intervention group
 - At 1 month 6 dry (p=0.02)
 - At 3 months 8 dry (p=0.01)
 - At 6 months 10 dry (p=0.002)
- Control group
 - At 1 month 0 dry
 - At 3 months 1 dry
 - At 6 months 1 dry

Early Post Radical PFME RCT

Ribeiro et al 2010

- Treatment group n=26
Weekly PFME and EMG BFB
from 2 weeks post-op for 3 months
- Control group n=28
Urologist instructed how to contract PF
- Results **At 1 year**
25 men in treatment group were dry (p=0.001)
21 men in control group were dry
(Continence defined as 1 pad or less daily)

✓ Post Radical PFME RCT

Van Kampen et al 2000

- Intervention group n=50
PFME & BFB once a week until dry
- Control group n=52
Placebo interferential
- Results **At 3 months**
Intervention group 88% dry (p=0.001)
Control group 56% dry

✓ Post Radical PFME RCT

Filocamo et al 2005

- Intervention group n=150
PFME
- Control group n=150
No PFME instruction
- Results **At 1 month**
Intervention group 19% dry (p<0.001)
Control group 8% dry
- **At 6 months**
Intervention group 94.6% dry (p=0.001)
Control group 65% dry

Post Radical PFME RCT

Overgård et al 2008

- Intervention group n=42
PFME once a week until dry
- Control group n=43
PFE info
- **Results at 1 year**
Intervention group 92% dry (p=0.028)
Control group 72% dry
(No significant difference at 3 & 6 months)

Men After Prostate Surgery (MAPS) study

Glazener et al 2011

- Large multicentred RCT for men after TURP and Radical prostatectomy
- 4 PFME & urge suppression treatments commencing at 6 weeks post op then at 2, 6, 12 weeks after 1st appt
- Physios and nurses in 34 centres in UK received one-day training

MAPS study

Glazener et al 2011

- 205 men after radical prostatectomy
- 220 men after TURP
- Age
Radical men 62 years
TURP men 68 years

MAPS trial

Glazener et al 2010

At 6 weeks post op

65% of TURPs were incontinent

89% of Radicals were incontinent

Surgical technique & experience?
Was the bladder neck spared?

MAPS

Glazener et al 2011

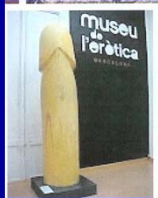
Results at 3 months

- Radicals reported more SUI than UUI
- TURPs reported more UUI than SUI
(36% of TURPs had incontinence pre-op)
- PFM strength increased over the 3 month therapy period
- SUI UUI & PMD reduced in RP and TURP men

Control groups showed similar improvement

Why MAPS failed?

- Urologist found nurses & physios to give therapy
- Few continence physiotherapists experienced in treating men
- Therapists had only one day of training
- No Pre-op PFM instruction
- Some of control group had PFME as part of standard care
- PFME were commenced after 6 weeks
- Only 85% of RP men & 72% of TURP men attended appointments in 3 months (not weekly appointment)
- At 1 year 50% radical controls & 20% of TURPs controls were performing PFME



✓ PFME for Erectile Dysfunction post Radical RCT

Lin et al 2012

- Intervention group n=35
Daily home PFME after catheter removal
- Control group n=27
Taught PFME at 3 months

✓ PFMEs for ED post Radical RCT

Lin et al 2012

Results

All men had severe erectile dysfunction post radical prostatectomy

- Intervention group
At 6 months & 12 months
significant difference in erectile function

✓ Early PFME for ED post Radical RCT

Prota et al 2012

- Treatment group n=26
PFME and EMG BFB
once a week for 3 months
IIEF-5
- Control group n=26
Verbal instructions to contract pelvic floor

✓ Early PFE for ED post radical RCT

Prota et al 2012

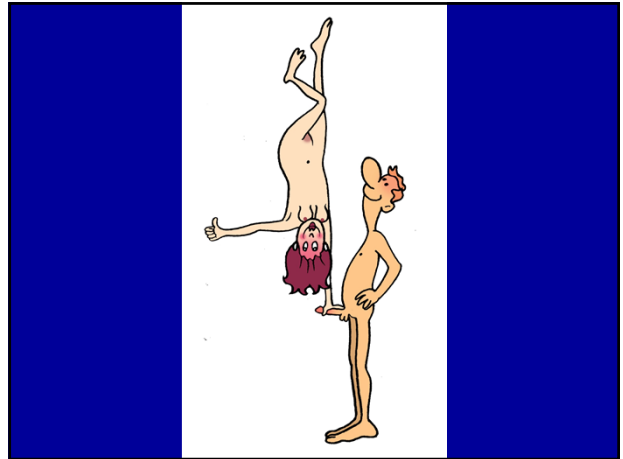
- **Results at 12 months**
- Treatment group
8 (47%) recovered erectile function
- Control group
2 (12.5%) recovered erectile function

Continent men (no pads) had 5.4 higher chance of potency (p=0.04)

Future RCTs

- Led by Continence Physiotherapists experienced in treating men
- Have a pure control group
- Include Pre op PFME
- Provide weekly PFME appointments until dry
- Include International Index of Erectile Function (IIEF-5)

Then we should have happier patients.....



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