

W12: Storage-dominant Lower Urinary Tract Symptoms in the Older Male: Practical Approach, Guidelines Recommendations and Limitations of Evidence

Workshop Chair: Sanjay Sinha, India
27 September 2023 17:35 - 19:05

Start	End	Topic	Speakers
17:35	17:40	Introduction	Sanjay Sinha
17:40	17:50	Practical Risk-Based Approach to Symptom Diagnosis	Anne P Cameron
17:50	18:00	Urodynamics Findings and Decision-making	Vincent Tse
18:00	18:05	Questions	All
18:05	18:15	Guidelines Recommendations, Evidence and Limitations	Sanjay Sinha
18:15	18:25	Approach in the Geriatric Neuro-urology Patient	Jalesh Panicker
18:25	18:30	Questions	All
18:30	18:55	Case Problems	Sanjay Sinha Anne P Cameron Vincent Tse Jalesh Panicker
18:55	19:05	Questions	All

Description

ICS 2023 Workshop

Storage-dominant Lower Urinary Tract Symptoms in the Older Male: Practical Approach, Guidelines Recommendations and Limitations of Evidence

Duration: 90min

Faculty: Four (including Chair)

Level: Intermediate

Aims

This workshop has been carefully designed for urologists who are already working in the field of functional urology and seek to improve their clinical skills at managing storage-dominant lower urinary tract symptoms (LUTS) in the elderly male. It is designed as an intermediate to advanced level course. The 90-minute workshop features four lectures designed to cover the critical aspects of a risk-based clinical pathway, urodynamics findings and decision-making, guidelines recommendations with limitations of evidence, and the modified approach in men with geriatric neuro-urological disorders. Of note, a full 50 minutes have been allocated to audience interactions and case-based discussions.

The program is backed by a global, diverse, and experienced faculty.

Learning Objectives

At the end of this workshop delegates should be able to

- Take informed decisions with regard to the management
- Apply invasive testing appropriately
- Recognize the limitations of current evidence and guidelines
- Modify the approach in a setting of geriatric neuro-urological conditions

Highlights

- Four lectures chosen strategically to illustrate aspects of clinical care
- Learn the logic behind clinical decisions
- Emphasis on practical management
- Experienced faculty; navigate the pitfalls
- Over one-third of time allocation for interaction and discussion

Educational Value

The global population of men above the age of 65 years is set to double from 336 million in 2021 to 698 million in 2050 (Sources: www.census.gov and www.worldbank.org). The prevalence of any storage symptoms, any voiding symptoms and combined storage and voiding symptoms in older men (≥ 60 years) has been reported to be 73.9%, 25.7%, and 31.8%, respectively (Irwin et al, Eur Urol 2006). Urologists are increasingly likely to encounter the older man with storage-dominant LUTS in their clinical practice. However, current guidelines are inadequate with regard to the clinical approach to these patients.

This workshop aims to discuss the practical aspects of management of storage-dominant LUTS. There are four lectures with dedicated discussion time.

1. **Practical Risk-Based Approach to Symptom Diagnosis:** In older men there are multiple possible etiologies for storage dominant LUTS which include urgency, frequency, and nocturia. In this course we will review practical clinical-based approaches to the older man who presents with these symptoms including a comprehensive review of their other medical comorbidities and other medical treatment. Many simple noninvasive investigations can be performed to achieve a good working diagnosis of their problem.

We will review the value of the voiding diary, urinalysis, physical examination, uroflow, and postvoid residual in determining the best treatment for any of these urinary symptoms. The risks and benefits of avoiding invasive testing such as cystoscopy and urodynamic will be thoroughly discussed.

2. **Urodynamics Findings and Decision-making:** This section will discuss the spectrum of urodynamics findings in the older man with storage-dominant LUTS. This includes a range of findings such as urgency during filling, detrusor overactivity \pm incontinence, and associated abnormalities of voiding pressure-flow study. Voiding phase abnormalities include various combinations of bladder outlet obstruction and underactivity. The lecture will outline the clinical strategy for men with the findings.

3. **Guidelines and Evidence:** This segment of the course will discuss the available evidence with regard to management of the older male with storage-dominant LUTS. The recommendations of various guidelines in this regard will be presented and the limitations of current evidence and guidelines will be discussed. It should be possible for delegates to judge the quality of evidence on which various clinical decisions are currently based. They should also be able to identify lacunae in current research.

4. **Approach in the Geriatric Neuro-urology Patient:** Geriatric neurological disorders such as Parkinson's and related disorders, Normal pressure hydrocephalus and different types of dementias commonly manifest with storage-dominant LUTS. Furthermore, some of these conditions may present initially with LUTS making it imperative for urologists to recognise this presentation for a neurology referral. This lecture will touch upon differences in approach to assessing and management of LUTS in men with suspected or established geriatric neurological disorders including the role for urodynamics testing, discuss different medical and surgical co-morbidities contributing to LUTS, and briefly review existing guidelines.

Workshop Schedule

Introduction 5min

Practical Risk-Based Approach to Symptom Diagnosis 10min

Anne Cameron, USA

Diagnosis and strategy for therapy including stratification of risk involved with therapy based on clinical, non-invasive evaluation

Urodynamics Findings and Decision-making 10min

Vincent Tse, Australia

Representative traces of different combinations of voiding and storage abnormalities that can present as storage-dominant LUTS in the elderly male

Discussion Session I 5min

Guidelines and Evidence 10min

Sanjay Sinha, India

Current evidence, recommendations by guidelines and their limitations.

Approach in the Geriatric Neuro-urology Patient 10min

Jalesh Panicker, UK

Focus on the differences in approach for the geriatric neuro-urological patient. Will address the strategy, urodynamics traces, guidelines, and evidence with regard to the geriatric neuro-urological male with storage-dominant LUTS

Discussion Session II 5min

Case Problems

25min

Audience Interaction, Summary

10min

Suggested Learning and Pre-read

1. European Association of Urology Guidelines 2022. Accessible at <https://uroweb.org/guidelines/management-of-non-neurogenic-male-luts>
2. Lerner LB, McVary KT, Barry MJ, Bixler BR, Dahm P, Das AK, Gandhi MC, Kaplan SA, Kohler TS, Martin L, Parsons JK, Roehrborn CG, Stoffel JT, Welliver C, Wilt TJ. Management of Lower Urinary Tract Symptoms Attributed to Benign Prostatic Hyperplasia: AUA GUIDELINE PART I-Initial Work-up and Medical Management. J Urol. 2021 Oct;206(4):806-817.
3. Lerner LB, McVary KT, Barry MJ, Bixler BR, Dahm P, Das AK, Gandhi MC, Kaplan SA, Kohler TS, Martin L, Parsons JK, Roehrborn CG, Stoffel JT, Welliver C, Wilt TJ. Management of Lower Urinary Tract Symptoms Attributed to Benign Prostatic Hyperplasia: AUA GUIDELINE PART II-Surgical Evaluation and Treatment. J Urol. 2021 Oct;206(4):818-826.
4. Malde S, Umbach R, Wheeler JR, Lytvyn L, Cornu JN, Gacci M, Gratzke C, Herrmann TRW, Mamoulakis C, Rieken M, Speakman MJ, Gravas S, Drake MJ, Guyatt GH, Tikkinen KAO. A Systematic Review of Patients' Values, Preferences, and Expectations for the Diagnosis and Treatment of Male Lower Urinary Tract Symptoms. Eur Urol. 2021 Jun;79(6):796-809.

Aims of Workshop

This workshop has been carefully designed for urologists who are already working in the field of functional urology and seek to improve their clinical skills at managing storage-dominant lower urinary tract symptoms (LUTS) in the elderly male. It is designed as an intermediate level course. The 90-minute workshop features four lectures designed to cover critical aspects of a risk-based clinical pathway, urodynamics findings and decision-making, guidelines recommendations with limitations of evidence, and the approach in men with geriatric neuro-urological disorders. Of note, a full 50 minutes have been allocated to audience interactions and case-based discussions.

The program is backed by a global, diverse, and experienced faculty.

Educational Objectives

This workshop aims to discuss the practical aspects of management of storage-dominant LUTS. There are four lectures with dedicated discussion time.

1. Practical Risk-Based Approach to Symptom Diagnosis: In this course we will review practical clinical-based approaches to the older man who presents with these symptoms including a comprehensive review of their other medical comorbidities and other medical treatment and the application of noninvasive investigations. The risks and benefits of avoiding invasive testing such as cystoscopy and urodynamic will be discussed.
2. Urodynamics Findings and Decision-making: This section will discuss the spectrum of urodynamics findings in the older man with storage-dominant LUTS and clinical strategy. This includes a range of findings such as urgency during filling, detrusor overactivity ± incontinence, and associated abnormalities of voiding pressure-flow study. Voiding phase abnormalities include various combinations of bladder outlet obstruction and underactivity.
3. Guidelines and Evidence: This segment of the course will discuss the available evidence with regard to management of the older male with storage-dominant LUTS. The recommendations of various guidelines in this regard will be presented and the limitations of current evidence and guidelines will be discussed.
4. Approach in the Geriatric Neuro-urology Patient: Geriatric neuro-urological conditions such as Parkinson's and allied conditions, normal pressure hydrocephalus and dementia are common in the older male presenting with storage-dominant LUTS. This lecture will focus on differences in approach for the geriatric neuro-urological patient and will address the strategy, urodynamics traces, guidelines, and evidence with regard to the geriatric neuro-urological male with storage-dominant LUTS.

Learning Objectives

1. Take informed decisions with regard to the management of storage-dominant LUTS in older men
2. Apply invasive testing appropriately in storage-dominant older men
3. Recognize the limitations of current evidence and guidelines with regard to storage-dominant LUTS in older men

Target Audience

Urology, Conservative Management

Advanced/Basic

Intermediate

Suggested Learning before Workshop Attendance

Suggested Learning and Pre-read

1. European Association of Urology Guidelines 2022. Accessible at <https://uroweb.org/guidelines/management-of-non-neurogenic-male-luts>
2. Lerner LB, McVary KT, Barry MJ, Bixler BR, Dahm P, Das AK, Gandhi MC, Kaplan SA, Kohler TS, Martin L, Parsons JK, Roehrborn CG, Stoffel JT, Welliver C, Wilt TJ. Management of Lower Urinary Tract Symptoms Attributed to Benign Prostatic Hyperplasia: AUA GUIDELINE PART I-Initial Work-up and Medical Management. *J Urol*. 2021 Oct;206(4):806-817.
3. Lerner LB, McVary KT, Barry MJ, Bixler BR, Dahm P, Das AK, Gandhi MC, Kaplan SA, Kohler TS, Martin L, Parsons JK, Roehrborn CG, Stoffel JT, Welliver C, Wilt TJ. Management of Lower Urinary Tract Symptoms Attributed to Benign Prostatic Hyperplasia: AUA GUIDELINE PART II-Surgical Evaluation and Treatment. *J Urol*. 2021 Oct;206(4):818-826.
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