HAC 2015 ABSTRACT for Oral Presentations

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Project title
The effect of exercise training for the urinary incontinence in prostate cancer patients after Radical Prostatectomy

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Introduction
Urinary incontinence after Radical Prostatectomy in prostate cancer patients has a major impact on their quality of life. It is therefore of utmost importance to minimize the prevalence of urinary incontinence after this procedure. In Hong Kong, there is a lack of establishment of specific structural exercise programme in clinical setting.

Objectives
To establish a set of exercise specifically designed for prostate cancer patients and to evaluate the effects of the offered exercise programme to improve urinary incontinence.

Methodology
3 sessions of forty-five minutes structured programme comprised warm-up exercises, aerobic exercises, resistance exercises, core muscle exercises, pelvic floor exercises and cool-down exercises was taught to patients. The programme was supervised by physiotherapy exercise specialist. After that, patients were encouraged to perform taught home exercises regularly for 3 to 5 times per week. Urinary symptoms were measured through International Prostate Symptom Score (IPSS) and perception of urine loss questionnaire scored by 3-point Likert scale : 1=not at all problematic, 2=somewhat problematic, 3=very problematic. Data were obtained at baseline and 3 months after the exercise programme.

Result
A total of 10 male patients with post Radical Prostatectomy within 1 year were recruited by urology nurse specialist. Mean baseline IPSS indicated that patients were moderate symptomatic. At 3 months, there was a significant improvement from moderate to mild symptomatic (pre IPSS 12.4 vs post IPSS 7) (p<0.05). Besides, urine loss was reported as “not at all problematic” changed from 30% to 70% after programme; “somewhat problematic” changed from 60% to 30%, and “very problematic” changed from 10% to 0% respectively. Conclusion Patients who performed specific designed exercise programme showed improvement in urinary symptoms as well as implied a positive impact on psychological distress. We recommended such intervention should be applied in routine practice for the patients undergoing Radical Prostatectomy. This exercise approach should further be considered in primary care setting so as to enhance the primary care management of urinary incontinence.