Initial experience in Percutaneous Tibial Nerve Stimulation (PTNS)

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Introduction
Neuromodulation is a treatment option for overactive bladder syndrome (OAB). PTNS is a peripheral type of neuromodulation by applying electrical stimulation to tibial nerve at ankle level.

Objectives
This study describes the experience of PTNS and early result.

Methodology
It was a prospective review of three patients who had PTNS for OAB from May 2013 to July 2014. All of them had clinical diagnosis of OAB and sub-optimal response to pharmacological therapy. Objective assessment tools including frequency volume chart, OABSS, UDI6 and IIQ7 were employed at treatment session 0, 3, 6, 9 and 12.

Result
All three patients had completed 12 sessions of PTNS. They noticed symptomatic improvement during the course of treatment. The mean score of OABSS decreased from 9 to 2.5. The mean minimal and maximal voiding capacity increased from 60ml and 290m to 265ml and 415ml respectively. UDI 6 mean score decreased from 8.5 to 2.5, IIQ 7 mean score decreased from 5.5 to 1.5. Upon 1 month post-treatment follow-up, OABSS & voiding capacities remained unchanged. One patient reported minimal tolerable pain during needle puncture. There was no major complication. It was concluded that the technique of PTNS was easy to master. The initial result was encouraging and complication was minimal.