



**Service Priorities and Programmes**  
**Electronic Presentations**

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**Multi-Disciplinary Approach Ketamine Abuse Cystitis Clinic in Pamela Youde Nethersole Eastern Hospital**

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Ketamine Abuse

**Introduction**

Ketamine hydrochloride is increasingly used for recreation purpose. Recent literature shows long term ketamine abuse is associated with ketamine cystitis manifesting as symptoms related to chronic bladder inflammation, decrease bladder capacity and bladder compliance, e.g. urinary frequency and urgency. In severe cases, patients can have hydronephrosis and impaired renal function secondary to the poorly compliant bladder. This condition can severely affect patients' quality of life and social function. In the past, there is no dedicated clinic to cater the need of this group of patients. Waiting time for consultation in urology clinic is two and a half years in HKEC. A significant proportion of patients also have psychosocial agenda that need to be addressed by social workers and psychiatry colleagues with expertise. A multi-disciplinary ketamine cystitis clinic was established in October 2011 consisting of urology nurse, urologist, psychiatric colleagues and social workers to provide physical, mental assessment and conjoint management plan to patients with ketamine cystitis.

**Objectives**

To review the effectiveness of multi-disciplinary ketamine cystitis clinic

**Methodology**

Retrospective review of patients visited the multi-disciplinary ketamine clinic from October 2011 to December 2012.

**Result**

In the study period, 63 patients visited our clinic. Waiting time was shortened from 130 weeks to 2 weeks. The dedicated social worker of each patient is to improve the compliance of follow up. 18 patients (28.5%) were found to have severe urinary symptoms (PUF score >20). Severe reduction in functional capacity in (< 30ml) was observed in 17 patients (27%). 4.76% patients had impaired renal function whereas 6.35% patients had hydronephrosis. One patient required bilateral percutaneous nephrostomy to relieve his obstructive uropathy. One patient had augmentation cystoplasty performed. 10 patients had underlying psychological problems that required psychiatric referral. Our multidisciplinary ketamine cystitis clinic not only significantly shortened the waiting time for patients with ketamine cystitis, it also provided early evaluation and management of patients with severe urological

condition and hidden psychosocial agenda.