



Service Priorities and Programmes
Electronic Presentations

Convention ID: 976

Submitting author: Mr MAN FAI NG

Post title: Registered Nurse, North District Hospital,

Effectiveness on improving International Prostate Symptom Score (IPSS) for male patients with lower urinary tract symptom (LUTS) by behavioral therapy

NG MFH(1), WONG SWA(1), NG YKS(1), CHEUNG HY(1), LEONG HT(1)

(1)Division of Urology, Department of Surgery, North District Hospital, HKSAR

Keywords:

International Prostate Symptom Score

IPSS

lower urinary tract symptom

LUTS

behavioral therapy

behavioral therapy

Introduction

Male patients had high occurrence rate on Lower Urinary Tract Symptom (LUTS) due to aging problem which affect their quality of life. The symptoms include feeling of incomplete bladder emptying, frequency, intermittency, urgency, weak stream, straining and nocturia. Behavioral Therapy such as interval drinking & voiding with bladder retraining was one of the therapies treating LUTS. In order to assess the effectiveness of such therapy, clinical data on those patients' symptoms with assessment tool: International Prostate Symptom Score (IPSS) and patient satisfaction score had been reviewed retrospectively.

Objectives

(1)To evaluate the effectiveness of behavioral therapy on the IPSS of patients with LUTS. (2)To evaluate the quality of life of patients after the behavioral therapy.

Methodology

From August 2013 to December 2013, clinical data on male patients who were suffering from LUTS and receiving behavioral therapy were retrieved. Patient's pre & post behavioral therapy IPSS and level of quality of life were evaluated by paired t-test. SPSS version 20.0 was used to analyze the data.

Result

Total 51 male patients with mean age of 60.7 years who were suffered from LUTS was noted (51.8% were having urinary frequency & urgency, 32.1% having urge urinary incontinence, 11.1% having nocturia, 2.5% having post-voiding dribbling and 2.5% having feeling of incomplete bladder emptying). The average LUTS experienced by patients was 4.5 years. Post behavioral therapy IPSS with mean reduction from 18.5 to 13.8 ($p < 0.001$), urinary frequency & urgency with mean reduction from 3.27 to 2.24 ($p < 0.001$) and feeling of incomplete bladder emptying with mean reduction from 1.94 to 1.39 ($p < 0.05$). Mean of improved quality of life was from 3.18 to 2.51 ($p < 0.001$). To

conclude, behavioral therapy demonstrated improvement in LUTS effectively with significant outcomes shown.