Effectiveness of Conservative Nursing Management in Women with Overactive Bladder Syndrome

Fan Yuk Sheung Joan
Queen Elizabeth Hospital
Department of O&G, APN
Introduction

- Overactive bladder syndrome (OAB) is defined as a complex urinary symptoms by International Continence Society (ICS) as the presence of urinary urgency, urinary frequency and nocturia with or without urge urinary incontinence (Abrams P. et. al 2003; Drake MH 2014)

Objective

- To review the efficacy of conservative nursing management with bladder training and behavioural modification in the management of OAB

Methodology

- Case notes of new clients with OAB referred to Urogynaecology Nurse Clinic from Jan 2015 to Dec 2017 were retrospectively reviewed. Conservative nursing management with bladder training and lifestyle modification were taught. Clients’ conditions were reviewed 4 months later
Results & outcome

- 214 clients were included with mean age of 58.56 (17-88 years old) and mean duration of problem was of 4.36 years (1 month to 35 years)

- After 4 months treatment:
  - Urge urinary incontinence were reduced: 90.2% → 71.0% (p=0.000)
  - Urgency sensation for urination were reduced: 59.8% → 21.5% (p=0.004)
  - Complaint of voiding difficulties were reduced: 32.7% → 13.6% (p=0.000)
Results & outcome

- Sense of incomplete bladder emptying were reduced: 31.3% $\rightarrow$ 20.1% ($p=0.000$)
- Mean daytime urinary frequency were reduced: 1.42 hour $\rightarrow$ 2.43 hour ($p=0.000$)
- Mean night time voiding were reduced: 1.82 times $\rightarrow$ 1.11 times ($p=0.000$)
- Mean ICIQ score (International consultation on Incontinence Modular Questionnaire) short form were reduced: 9.28 $\rightarrow$ 7.57 ($p=0.000$)
- Subjective improvement in urinary symptoms (57.9 % Vs 29 % expressed dissatisfaction before and after treatment)
Conclusion

- Conservative management by Urogyanecology nurse offers help to OAB clients with avoidance of side effects caused by drug treatments and saves health care resources such as cost on medications.
- In view of long waiting time for Urogynaecologist consultation, nursing intervention has played an important part to alleviate clients’ symptoms.