



Objectives

The objective of this three year service evaluation was to establish the clinical and subjective outcomes of the use of PTNS in women with DO since its introduction in 2010.

Methods

A local database was set up and data entered prospectively at each visit. All patients starting the programme had or completed :

- A course of physiotherapy
- A three day bladder diary
- DO diagnosed on Urodynamics
- Failed , or unsuitable to continue, treatment with at least two anticholinergics .
- Verbal commitment for 12 weeks of treatment
- Severity of symptoms Visual Analogue Scale (VAS) and Incontinence Impact Questionnaire (IIQ) prior to treatment
- Three day bladder diary, VAS, IIQ and Patients' Global Impression of Improvement (PGI-I) completed in week 11 of treatment
- PTNS top up offered as patient's required

In April 2013 there were 60 patients in the programme, Six patients had just started, seven did not complete 12 weeks hence data analysis was of 47 patients , who had completed initial treatment. Data entered in Excel and statistical analysis using Paired T test and Chi Square test (P –value less than 0.05 = significant).

General Results

Characteristic	Mean	Range
Age	56	37 - 85
BMI	28.5	20 - 45
Parity	91% were multiparous	

Urodynamics Diagnosis

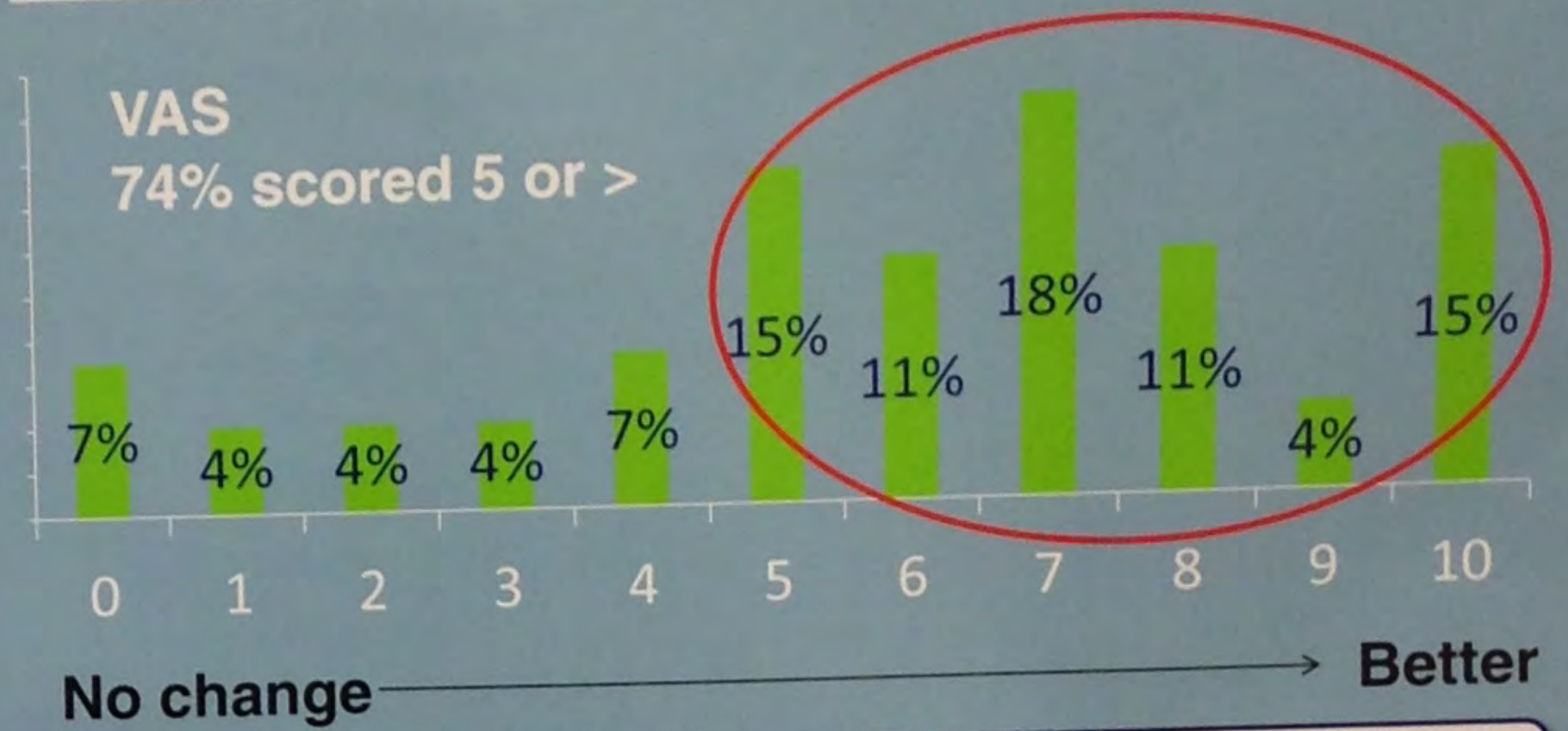


The general overall outcome of the 47 patients studied:

A) No response	23%
B) No top-ups required	13%
C) Ongoing top ups	64%

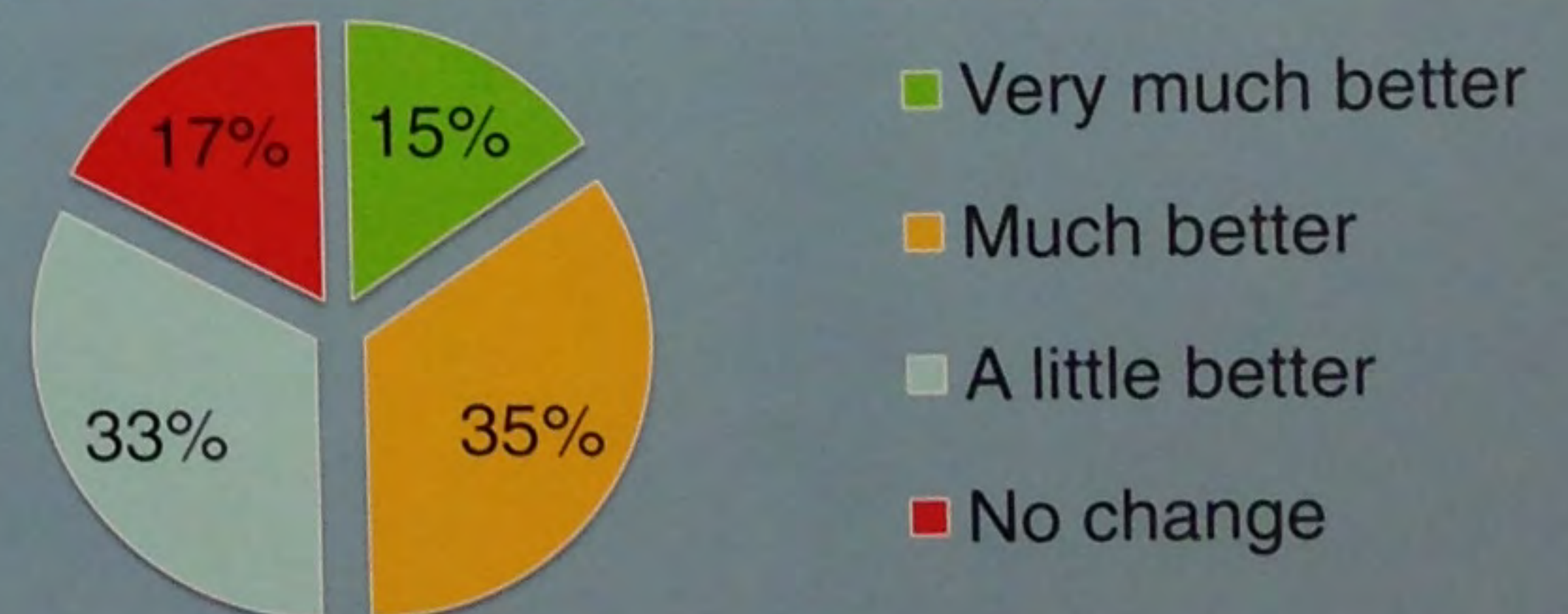
Bladder Diary and VAS Results

	Pre	Post	P - Value
Mean Daytime frequency	9 (4 – 24)	7 (4 – 19)	*
Mean Nocturnal frequency	2 (0 -6)	1 (0 – 5)	*
Mean Min. Voided volume	84 (5- 300)	123 (10 – 200)	*
Mean Max. Voided volume	370 (130 – 780)	421 (100 – 1000)	NS
No incontinence (n = 46)	3 (7%)	19 (41%)	*



IIQ and PGI-I Results

IIQ Domains	Pre	Post	P-Value
Physical Activity	52	31	*
Travel	57	33	*
Social Relations	40	22	*
Emotional health	54	31	*
Composite	202	116	*



Conclusions

PTNS is a valuable choice of treatment for intractable DO. Success rates in our unit could be due to stringent selection criteria of patients. The treatment is provided by a dedicated team who have perfected the technique of PTNS and are experienced in tailoring the correct dose of stimulation on an individual basis.