

EFFECTS OF PELVIC ORGAN PROLAPSE SURGERIES ON LOWER URINARY TRACT SYMPTOMS

Hypothesis / aims of study

Pelvic floor dysfunction may present as prolapse and/or bladder and/or bowel dysfunction. Surgery is an important management option for pelvic organ prolapse. Due to the close anatomical and physiological relationship, surgery for one system may affect the other system. There is also lack of consensus on concomitant surgery for pelvic organ prolapse and urinary incontinence.

Study design, materials and methods

This study is a retrospective evaluation of outcomes (Vaginal and urinary) in women undergoing pelvic floor surgery. All women underwent pelvic floor surgery for prolapse. Women having surgeries for incontinence with or without concomitant prolapse surgery were excluded from this study. Women were evaluated pre-operatively and post-operatively (at 6 months by post) by validated International consultation on incontinence modular (ICIQ) questionnaires – vaginal symptoms (ICIQ-VS) and female lower urinary tract symptoms (ICIQ-FLUTS). FLUTS and VS scores were compared and analyzed for any significant differences. The Wilcoxon Signed-Rank test was used to analyze the results.

Results

A total of 66 patients were included in the study over a period of 3 years from 2009 onwards. 12 women were excluded from the study, as they did not return the follow up questionnaires (75% response). Mean age of the patients was 62.1 years (range: 39 – 84). The mean BMI of the patients was 28.3. There was a statistically significant reduction in the mean FLUTS score at 6 months postoperatively (12.79 to 7.42, $z = 5.93$, $P < 0.0001$). All women had a significant improvement in the vaginal symptoms score from a preoperative mean of 22.2 to 6.95, at 6 months postoperatively ($z = 6.79$, $p < 0.0001$). The significant improvement in both vaginal and lower urinary tract symptoms was seen in anterior and/or posterior vaginal wall repair and / or vaginal hysterectomy. The improvement in the lower urinary tract symptoms was maintained in all off the surgeries, both individually and concomitantly and this was statistically highly significant.

Interpretation of results

Surgery for pelvic organ prolapse in women has a positive impact in lower urinary tract symptoms, which is an additional benefit from pelvic surgery. This information is useful to counsel women with pelvic organ prolapse and associated urinary symptoms. Concomitant surgery for urinary symptoms may be delayed in women needing surgery for pelvic organ prolapse. The study also confirms the feasibility of following up patients by postal questionnaires. Larger studies exploring specific lower urinary symptoms are needed to make more valid claims for use in clinical practice.

Concluding message

Pelvic floor surgery for prolapse has a positive effect on lower urinary tract symptoms in women.

References

1. ICIQ Vaginal Symptoms questionnaire. Link: <http://www.iciq.net/ICIQ-VS.html>
2. ICIQ-Female Lower Urinary Tract Symptoms. Link: <http://www.iciq.net/ICIQ.FLUTS.html>

Disclosures

Funding: None **Clinical Trial:** No **Subjects:** HUMAN **Ethics not Req'd:** _ Part of the audit process of surgical outcomes - Service evaluation **Helsinki:** Yes **Informed Consent:** Yes