

Start	End	Topic	Speakers
14:30	14:35	introduction	Dick A.W. Janssen
14:35	14:50	Chronic Radiation induced cystitis management	Sachin Malde
14:50	15:05	Ketamine cystitis	Wouter van der Sanden
15:05	15:20	Eosinophilic and Follicular cystitis management	Dick A.W. Janssen
15:20	15:30	Questions	All

Description

Background

The ERN eUrogen is an EU project that aims to improve the healthcare for rare urogenital diseases across Europe. This project is funding the development of a guideline for bladder inflammatory diseases such as; chronic radiation induced cystitis, ketamine cystitis, eosinophilic cystitis, follicular cystitis, hemorrhagic cystitis, cystitis cystica, bladder pain syndrome (the inflammatory subgroups) and CMV / BK induced cystitis. This is a first of its kind. These diseases are mostly rare on itself, but combined represent a large group of patients with each having combined, but also differing nuances on how they should be managed.

A committee has been set up with clinical experts from 7 European countries including urologists, pathologists, immunologists, patient representatives. This team is supported by guideline methodologist to develop a high quality evidence based guideline. The aim is not only to summarize the current evidence on diagnosis and treatment of these different diseases, but also to get consensus on how to approach and treat these diseases, where evidence is limited. It is the intention to develop practical diagnostic and treatment flow charts/ algorithms to help other clinicians to systemize their healthcare toward these patients and get better healthcare outcomes.

With this workshop we want to convey the knowledge we obtained in our Guideline work and give attendees a set of clinical skills that will help them to organize the best healthcare team and care to help treat these patients in their own practice.

We will focus our one hour workshop on 4 diseases:

- Chronic Radiation induced cystitis
- Ketamine cystitis
- Eosinophilic cystitis
- Follicular cystitis

Although these 4 diseases have inflammation of the bladder wall in common, their pathophysiological origin differs vastly.

Chronic Radiation induced cystitis

Often neglected or unrecognized in mild forms, it can occur in years to decades after radiotherapy in the pelvic region. Our keynote speaker Sachin Malde will present pathophysiological origin of the disease including small vessel damage and hypoxic changes in the bladder wall. With the use of a diagnostic and treatment flow chart he will explain with a real case how a patient can be adequately diagnosed, (including risk factor management) and treated to get the best QoL outcomes based on current evidence and clinical experience.

Ketamine induced cystitis

A sadly increasing form of iatrogenic damage to the bladder caused by recreational ketamine drug abuse/ addiction. Wouter van der Sande, Urologist, has been running a specialized ketamine bladder outpatient clinic within the Netherlands, where he, along with addiction and other specialists, has set up a treatment algorithm to adequately diagnose and treat these challenging and often young patients.

Eosinophilic and follicular cystitis

Both rare and complex diseases of still not fully understood with a complex mix related to chronic irritants to the bladder wall and the immune system leading to inflammatory changes of the bladder wall which can affect upper and lower urinary tract function. Keynote speaker Dick A.W. Janssen will present cases and use the current flow charts that were developed by the ERN eUrogen Guideline to provide context on how to manage these patients.

Key learning points ;

- Obtain knowledge on evidence based diagnostic work-up of these 4 diseases
- Obtain knowledge on evidence based treatment protocols of these 4 diseases

- Obtain pathophysiological knowledge on these diseases

The main take home message / parting knowledge will be:

- Different inflammatory diseases, although similar in characteristics, will require different approaches in management. Use a systematic approach for diagnosis and treatment
- Radiation cystitis is hypoxic in origin and should in severe cases of macroscopic hematuria, be monitored and treated to prevent relapses
- Ketamine cystitis treatment only works if there is good addiction management
- Beware of sudden onset upper urinary blockage and kidney damage in eosinophilic cystitis.

Aims of Workshop

The ERN eUrogen Network for rare diseases is an EU funded project that has set the task to improve healthcare for 7 rare bladder inflammatory diseases like chronic radiation induced cystitis, ketamine cystitis and eosinophilic cystitis. Currently there is an ERN Guideline Committee that is constructing an evidence based guideline to develop standardized approaches to diagnose and treatment for these diseases.

The aim of this workshop is to get clinicians acquainted with these diseases and provide the tools to improve diagnostic and healthcare outcomes for these patients. We will present a practical approach to these three above mentioned conditions.

Educational Objectives

Other than bladder pain syndrome, there are multiple other debilitating non infectious bladder inflammatory diseases that get little attention in guidelines. Combined, these diseases have a significant impact on healthcare, but until now, there is no supportive guideline to help clinicians in their clinical approach to these diseases and therefore they are often poorly managed. The EU ERN eUrogen Guideline committee for inflammatory bladder diseases consists of a group of expert urologists, pathologists, patients, and immunologists and is supported by an expert guideline methodologists.

The main aim of the workshop is to give attendees the practical tools on how to clinically approach these patients and use the right diagnostic and treatment tools at the right time by providing them with a standardized approach with clear treatment algorithms based on available evidence and clinical expertise gained from the work the ERN eUrogen Guideline Committee has performed.

We will use practical cases with imaging presented by experts to demonstrate how these standardised approaches help in clinical management.

Furthermore, we will provide an interactive Q&A section with the audience to spar with three clinical experts on how they deal with practical cases.

Learning Objectives

1. Learn practical, evidence based diagnostic approaches for chronic radiation induced cystitis, ketamine cystitis, eosinophilic and follicular cystitis
2. Learn practical, evidence based treatment approaches for chronic radiation induced cystitis, ketamine cystitis, eosinophilic and follicular cystitis
3. Obtain pathophysiologic knowledge on different rare bladder inflammatory diseases

Target Audience

Urology

Advanced/Basic

Intermediate

Suggested Learning before Workshop Attendance

<https://www.sciencedirect.com/science/article/abs/pii/B9780323999342000115>

Ketamine cystitis: an emerging diagnostic and therapeutic challenge. British Journal of Hospital Medicine. Thomas Gray

Follicular Cystitis, a Rare Diagnosis in an Emergency Setting: A case report and literature review
El Abidi Hamza et al. Int J Surg Case Rep. 2024.

Eosinophilic cystitis and its management. P S Teegavarapu et al. Int J Clin Pract. 2005 Mar.

Cells. 2020 Dec 24;10(1):21. doi:10.3390/cells10010021. Chronic Inflammation and Radiation-Induced Cystitis: Molecular Background and Therapeutic Perspectives
Carole Helissey

