

# OP15

## TRIGGER VISUALISATION: A NOVEL TECHNIQUE TO PROVOKE DETRUSOR OVERACTIVITY

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### Background:

Detrusor overactivity can be difficult to elicit during conventional urodynamics despite standard provocation techniques such as running taps or placing the patients' hands in water. Patients may feel embarrassed leading to the shy bladder, may not experience their OAB symptoms during the testing window or find their OAB symptoms occur during specific events that we are unable to replicate. Failure to demonstrate symptoms may lead to further investigation or a trial of empirical treatment.

### Aims:

We aimed to evaluate visualisation of the trigger situation as a provocation technique.

### Methods:

Conventional Urodynamics was performed in six women using air charged catheters by one of two clinician scientists. Trigger visualisation was performed when standard provocation techniques had failed to elicit OAB symptoms and before the voiding phase was initiated. The patient was asked to describe their specific trigger situation, then close their eyes and visualise the specific details.

### Results:

Visualisation in all six patients triggered detrusor overactivity in less than five minutes.

Table 1. List of trigger situations visualised

Trigger situation visualised	
Patient A	Specific point when walking on journey home from work
Patient B	Putting the key in the front door
Patient C	Being in car outside the house and not being able to reach the toilet
Patient D	Walking to toilet inside own house and panicking she won't make it
Patient E	Putting the key in the front door
Patient F	Imagined running to the toilet and desperately trying to get there in time

Conclusion:

Visualisation of trigger situations is a non-invasive additional tool in a urodynamic operators armoury to replicate OAB symptoms. Further work is needed to evaluate the impact of this technique on our OAB service and formal research is needed to develop this technique into a protocol that could be incorporated into standard urodynamic testing.