

OP1

BLADDER INSTILLATION CONTAINING GLYCOSAMINOGLYCANS – IS CONTINUED USE JUSTIFIED? A 6-YEAR ANALYSIS OF OUTCOMES AND PATIENT FEEDBACK AT A TERTIARY HOSPITAL

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Introduction

Bladder instillations containing Glycosaminoglycans are used for a variety of indications like Interstitial Cystitis/Painful Bladder Syndrome, Recurrent Urinary Tract Infections (rUTIs), chemical or radiation induced Cystitis and Ureteric Stent-induced Discomfort. With the current call by National Institute Health and Care Research's Health Technology Assessment Programme to commission a trial looking at clinical and cost effectiveness of intravesical treatments for rUTIs in women, there is an interest in understanding real world outcomes and patient feedback with these regimes.

Objective

The primary objective was to look at women's perceived symptom relief from using bladder instillations containing Glycosaminoglycans, indications for use and patient feedback about their experience. Secondary objectives were number of doses used, reasons for non-completion of course if applicable, adverse effects and further treatments planned.

Methodology

This was a prospective observational study performed as an ongoing service evaluation project of women presenting to Urogynaecology Nurse led clinics for bladder instillations with a combination of chondroitin sulphate and hyaluronic acid. Women were followed up from 2017 till date. One instillation per week was performed by a Nurse Specialist for 4 weeks, fortnightly for 2 weeks and then monthly for 3 months.

Results

23 women were followed up during this period. Most common indications were Painful Bladder Syndrome, rUTIs and Radiation induced Cystitis. While some women reported a lasting benefit with this treatment regime, a majority either had short term relief or did not report this long term. 6/23 patients provided feedback about their experience with use with themes of reassurance and pain.

Conclusion

Cost effectiveness of bladder instillation therapy using Glycosaminoglycans has been controversial till date with some studies reporting effectiveness of this while others do not report lasting relief. This study provides long term data of women who underwent this therapy and their feedback about their experience.

References

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