(P24) EFFECTIVENESS OF URINARY REHABILITATION IN MULTIPLE SCLEROSIS PATIENTS

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Background: Over 80% of multiple sclerosis (MS) patients have symptoms of urinary dysfunction during the disease course. Urinary dysfunction can have a significant impact on patient quality of life. Comprehensive evaluation is essential for MS specialists to effectively manage these potentially life-disrupting symptoms. Objectives: This study evaluated the effectiveness of a rehabilitation program for MS patients with urinary dysfunction being followed in a specialized rehabilitation center.

Methods: Sixty-two MS patients with urinary symptoms consecutively referred for the first time to the rehabilitation center were enrolled in the study. Data collected at pre-treatment (T0) included age, Expanded Disability Status Scale (EDSS) score, course and duration of disease, mobility status, symptoms (urgency, retention, hesitation, incontinence, frequency), postvoid residual (PVR) with bladder ultrasound, Wagner Test, visual analogue scale (VAS), urodynamic investigation, pelvic floor muscle evaluation (Pubo-Coccygeal Grading Test and muscle coordination evaluation), and current pharmacologic therapies. Patients also completed a 5-day bladder diary. Based on the information collected, an individualized urinary rehabilitation program was developed. At the end of the rehabilitation program (T1) (mean duration, 12 sessions), all patients repeated the same evaluation as was conducted at T0 without the urodynamic investigation. Primary outcomes included urinary incontinence (Wagner Test), mean number of episodes of leakage (bladder diary), mean number of episodes of urinary frequency in 5 days (bladder diary), nocturia and urgency, and urinary retention (PVR). Secondary outcomes included change in VAS and Pubo-Coccygeal Grading Test.

Results: Of 62 participants enrolled in the study, 54 were female and 8 were male. The mean ± SD age was 52.67 ± 13.14 years. The mean time since disease onset was 13.78 ± 9.38 years. The mean EDSS score was 5.39 ± 1.39. The data show a mean Wagner Test score at T0 of 67.77 and at T1 of 75.95, with a statistically significant difference ($P < .001$); and a mean PVR at T0 of 113.39 mL and at T1 of 97.93 mL, with a statistically significant difference ($P = .010$). Conclusions: Statistical analysis showed that primary and secondary outcomes are statistically significant. Urinary rehabilitation seems to be effective in MS patients if performed in a specialized rehabilitation center.

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