Extent to which a voiding diary is used to reach diagnosis in nocturia patients: results of a real world survey of physicians and patients in Europe and the USA

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Introduction and objectives

- Nocturia is defined by the International Continence Society as ‘waking to void 1 or more times a night followed by sleep’.
- A key instrument in the evaluation of nocturia is the voiding diary in which patients record the volume and timing of daytime and night-time voids for 1-3 days.
- The aim of this analysis was to assess the extent to which voiding diaries are or are not used by physicians to determine nocturia diagnosis in a real world population of urology patients.

Materials and methods

- Data were drawn from the Adelphi Lower Urinary Tract Symptoms (LUTS) Disease Specific Programme® (DSP), a cross-sectional survey of physicians and their consulting patients conducted in Q1 2013.
- Primary care physicians (PCPs) and urology specialists (urologists and gynaecologists) in France, Germany, Spain, UK and USA, actively managing urinary patients, completed patient record forms (PRF) prospectively for the next 14 OAB/BPH/nocturia patients consulting their clinic.
- The PRF included details of diagnosis (OAB/BPH/Nocturia/Nocturnal Polyuria) and test(s) conducted to aid the diagnostic process including use of a voiding diary. Multiple diagnoses were permitted.
- The same patients were asked to fill in a self-completion questionnaire (PSC) including number of night-time voids in the past week, bother as a result of frequent waking (from ‘not at all’ to ‘a very great deal’) and reason for first consulting a physician about their urinary condition.
- The methodology, including limitations, has been outlined previously.

Results

- A total of 635 physicians (264 PCPs and 371 specialists) completed records on 8738 patients, of whom 5335 filled out a PSC.
- The mean age was 63.9 years and 60% of the patients were male.
- A total of 1997 patients (23%) had a confirmed diagnosis of nocturia, as recorded by the physician in the PRF.
- However, under half of these patients (42%) were investigated using a voiding diary – Figure 1.
- Female nocturia patients were more likely to be evaluated using a diary.
- Even among nocturnal polyuria patients almost half (45%) were not investigated using a diary.
- Figure 2 shows that PCPs are particularly unlikely to employ a voiding diary. And even specialists do so for fewer than half of their nocturia patients.
- Among patients not diagnosed with nocturia (Figure 3) but experiencing two or more voids per night, 37% had been investigated using a diary.
- Among those with 1 or more voids per night but were bothered (‘quite a bit’ to ‘a very great deal’) by waking to void, only 41% had completed a diary.
- Similarly only 38% of patients first consulting due to tiredness had been investigated using a voiding diary.

Conclusions

- While a voiding diary is used in the evaluation of a significant proportion of nocturia patients, for a majority no such evaluation is conducted.
- There is therefore a need to raise awareness around the benefits of conducting a voiding diary in order to identify and correctly diagnose nocturia.

References


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