
Pelvic PT Distance Journal Club
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Aims - to determine the contribution of various activities to early post prostate UI

Methods - 33 men most with laparoscopic radical prostatectomy completed testing at 3 weeks and 6 weeks after surgery

- Pad test results
  - 1 hr test - less than 1 g = continent
  - 24 hr test - less than 4 g = continent
- 1 hr pads test
  - one hr of urine in bladder
  - seven tests - with different durations used
  - no random order
    - drinking 2 cups water in sitting for 15 min
    - walk on treadmill for 30 min
    - stand up sit down transfers 10 times
    - cough 10 times
    - run in place 1 min
    - bend down to floor 5 times
    - wash hands under running water 1 min (one hr after test started)
- 24 hr pad test
- ICIQ SF questionnaire

Patient received weekly pre op PFMT (from second paper - Relationship between peri-operative physical activity and urinary incontinence after radical prostatectomy)

- supervised and independent
- in various positions - supine, sitting, standing
- feedback with tactile and US
- PFM contract during ADL
- Program also included 15 to 30 min bike or treadmill and encouragement to walk 10,000 steps per day pre op

Results

- no sig difference between laparoscopic and open
- sig decrease UI from 3 weeks to 6 weeks in ICIQ and 24 hr pad test
- no sig difference in 1 hr pad test 3 to 6 weeks
  - maybe in 24 hr test men decreased activity based on UI
- Leak provoking events vary considerably between patients
- Did not control for time of day - increased UI later in the day
Figure 1 - pad test order of UI from most to least
- walking (30 min)
- sitting and drinking (15 min)
- running (1 min)
- sit to stand 10 x, coughing 10 x, hand washing 1 min
- bending 5 x

Table 2 - ICIQ "when does urine leak" order of UI from most to least
- cough or sneeze
- before you can get to toilet, when you are physically active
- no reason (27% to 29%) ? decreased awareness or sensation
- when you have finished urinating and are dressed
- when sleeping

Clinical suggestion - train PFM in walking and sitting

- increased post operative activity did not correlate with increased UI
- activity level at 6 week post op was significantly less than pre surgery
- increased pre operative might be related to lower post op UI
- no significant difference between activity level of pts with laparoscopic versus open procedures.

Discussion questions
- What treatments do you include in the pre operative training of men preparing for prostatectomy?
- What activities do you hear most often provoke UI? Any other factors influence UI? time or day? gravity? obesity?
- Do you ask men to contract PFM during walking?
- Do you train PFM in sitting?