



Nursing Care of Women With Interstitial Cystitis/ Painful Bladder Syndrome

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Interstitial cystitis/painful bladder syndrome (IC/PBS) is a chronic condition estimated to affect 3.3 million women in the United States (National Institute of Diabetes and Digestive and Kidney Diseases [NIDDK], 2013). The syndrome was originally referred to simply as *interstitial cystitis* (IC). However, in an effort to standardize terminology and distinguish the symptoms of lower bladder pain from those specific to cystitis, the International Continence Society and the International Cystitis Association renamed it *painful bladder syndrome/interstitial cystitis* (PBS/IC; Theoharides, 2007). The American Urological Association and the Agency for Healthcare Research and Quality (2013) use the term *interstitial cystitis/bladder pain syndrome* (IC/BPS; Hanno et al., 2014). Currently, there are continuing attempts at obtaining a more specific taxonomy for lower urinary tract symptoms (Homma et al., 2009). Therefore, *bladder pain syndrome* (BPS), *painful bladder syndrome*, *IC/PBS*, and *IC/BPS* are used somewhat interchangeably in the literature. For this article we use the term *IC/PBS*, which is the terminology used by the National Institutes of Health (NIDDK, 2013).

Definition

The NIDDK (2013, p. 1) states that “IC/PBS includes all cases of urinary pain that can’t be attributed to other causes such as infection or urinary stones.” IC/PBS is an underdiagnosed condition, without clearly defined treatment pathways, posing a challenge to nurses and other clinicians.

Abstract: Interstitial cystitis/painful bladder syndrome is a chronic condition affecting approximately 3.3 million women in the United States. It is defined by the National Institute of Diabetes and Digestive and Kidney Diseases as “urinary pain that can’t be attributed to other causes such as infection or urinary stones.” Because of the intimate nature of the symptoms, women are often reluctant to seek treatment. When they do, they require a care provider with specialized nursing skills. Nursing practice based on carefully reviewed literature will result in the provision of comprehensive and compassionate nursing care for women with interstitial cystitis/painful bladder syndrome. <http://dx.doi.org/10.1016/j.nwh.2016.01.006>

Keywords: bladder pain | evidence-based practice | interstitial cystitis | literature review | painful bladder syndrome

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