



ORIGINAL ARTICLE

Evaluation of the impact of the urinary symptoms on quality of life of patients with painful bladder syndrome/chronic pelvic pain and radiation cystitis: EURCIS study[☆]



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KEYWORDS

Quality of life;
Painful bladder syndrome;
Interstitial cystitis;
Radiation cystitis;
Anxiety;
Self-esteem

Abstract

Objectives: To evaluate the impact of urinary symptoms of Painful Bladder/Pelvic Pain Syndrome and Radiation Cystitis (PBCPPS) on the Quality of Life, and self-esteem of the patient.

Material and methods: An observational, multicenter, epidemiological and cross-sectional study was performed on patients with Painful Bladder/Chronic Pelvic Pain Syndrome and Radiation Cystitis. Data were recorded on severity of urinary symptoms and QoL impairment using the PUF Score. The patients evaluated the QoL deterioration grade through the King's Health Questionnaire (KHQ), and the level of their anxiety and self-esteem with the Goldberg Anxiety Scale (GAS) and Rosenberg Self-Esteem Scale (RSES), respectively. Post hoc comparisons were performed between the results of the KHQ of this study and a sample of patients with urinary incontinence (UI). Results on RSES were analyzed with data from the general population and from patients with erectile dysfunction.

Results: A total of 530 cases, mostly female patients, who had been diagnosed with PBCPPS, were analyzed. High levels of deterioration in QoL were described: KHQ scores were significantly higher when compared with patients with UI ($p < 0.01$). Involvement of self-esteem was higher in patients with RC and men, who obtained scores similar to those of patients with erectile dysfunction.

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PALABRAS CLAVE

Calidad de vida;
 Síndrome de vejiga dolorosa;
 Cistitis intersticial;
 Cistitis radica;
 Ansiedad;
 Autoestima

Conclusions: Patients with Painful Bladder Syndrome/Chronic Pelvic Pain Syndrome and Radiation Cystitis present high levels of anxiety, and significant reductions in both quality of life and self-esteem. Especially for men, this affectation is similar to that caused by erectile dysfunction.

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Evaluacin del impacto de la sintomatologa urinaria en la calidad de vida de los pacientes con sndrome de vejiga dolorosa/dolor plvico crnico y cistitis radica: estudio EURCIS

Resumen

Objetivos: Evaluar el impacto que tiene la sintomatologa urinaria secundaria a sndrome de vejiga dolorosa/dolor plvico crnico (SVDPC) y cistitis radica (CR) en la calidad de vida (CV) y la autoestima del paciente.

Material y mtodos: Estudio observacional epidemiolgico transversal multicntrico en pacientes con cuadros de SVDPC o CR. Se registraron datos acerca de la gravedad de los sntomas urinarios con la escala PUF. Los pacientes valoraron el grado de deterioro de su CV por medio del cuestionario de salud de King (CSK), as como su nivel de ansiedad y autoestima mediante las escalas de Goldberg y de Rosenberg (EAR), respectivamente. Los resultados del CSK se compararon *post hoc* con una muestra de pacientes con incontinencia urinaria (IU), mientras que los de la EAR se analizaron frente a los obtenidos en poblacin general y pacientes con disfuncin erctil.

Resultados: Se analizaron un total de 530 casos de pacientes, en su mayora del sexo femenino y con diagnstico de SVDPC. Se describieron niveles altos de deterioro en la CV en la mayora de pacientes, con puntuaciones del CSK significativamente mayores en comparacin con las muestras de pacientes con IU ($p < 0,01$). La afectacin en la autoestima fue mayor en pacientes con CR y en hombres, que obtuvieron puntuaciones similares a las de pacientes con disfuncin erctil.

Conclusiones: Los pacientes con SVDPC y CR, adems de tener niveles elevados de ansiedad, presentan disminuciones significativas tanto en la CV como en la autoestima que, particularmente para los varones, es similar a la producida por la disfuncin erctil.

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Background

Urinary symptoms related to bladder dysfunction are relatively common in men and women of all ages.^{1,2} Increased urinary frequency, urinary urgency, dysuria, incontinence and pelvic pain are common symptoms in health department consultations.

Interstitial cystitis covers a heterogeneous spectrum of abnormalities that have bladder pain as a common symptom. Based on this, interstitial cystitis has been renamed to painful bladder syndrome (PBCPPS), considering it one of numerous syndromes that constitute chronic pelvic pain (CPP).

Moreover, radiation cystitis, radical or actinic, is relatively frequent among cancer patients undergoing pelvic radiation therapy. This is mainly due to the damage caused by ionizing radiation in the urothelial cells and vascular endothelium, which triggers an inflammatory reaction, which in turn, can give rise to fibrosis and bladder retraction.³ Bladder epithelium inflammation changes the barrier function and patency, exposing the underlying tissues to substances contained in the urine.⁴

Quality of life, which is a multidimensional entity, includes various categories such as personal competency, perceived quality of life, the environment and psychological

wellbeing.⁵ The assessment of each of these categories therefore includes not only objective but also subjective aspects, personal values and aspirations. It is important to take into account the assessment by healthcare practitioners of the patient's state of health and also the patient's perception of their own symptoms.⁶

Chronic urinary symptoms are known to negatively impact patients' quality of life.^{7,8} Populations with chronic cystopathies are usually diagnosed with a certain delay, due to the difficulties in definitively diagnosing conditions such as interstitial cystitis⁹ and also due to the delay in seeking a consultation.¹⁰

These conditions have led many of these patients to live with the symptoms for years before finding a treatment that can effectively improve their symptoms,^{10,11} which can affect aspects such as self-esteem, sexual function, the workplace, family and the social sphere.¹¹

The aim of this study was to assess the degree to which chronic urinary symptoms affect patients' quality of life, their level of anxiety and self-esteem.

Patients and method

This was an observational, epidemiological, cross-sectional, multicenter study of patients who attended urology

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