

Urinary Symptoms Post-Prostatectomy Case Study

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SUI Assessment

- Characteristics of urine leakage
 - Quantity
 - Slight, moderate, severe
 - Number of pads (saturation)
 - When does it occur
 - Daytime (increases in evening when PFM fatigued)
 - Nighttime
 - Trigger
 - Laugh, cough, lift, bend over, exercise
 - Is patient voiding?
 - Daytime- when active
 - Nighttime – when supine

Type of Product

Protective Underwear/Pants



Female Pad



Male Pad



Adult Brief



Insert & Fixation Pant



Belted Pad

Case Study:

Adult Male



Initial Visit: 3/2019

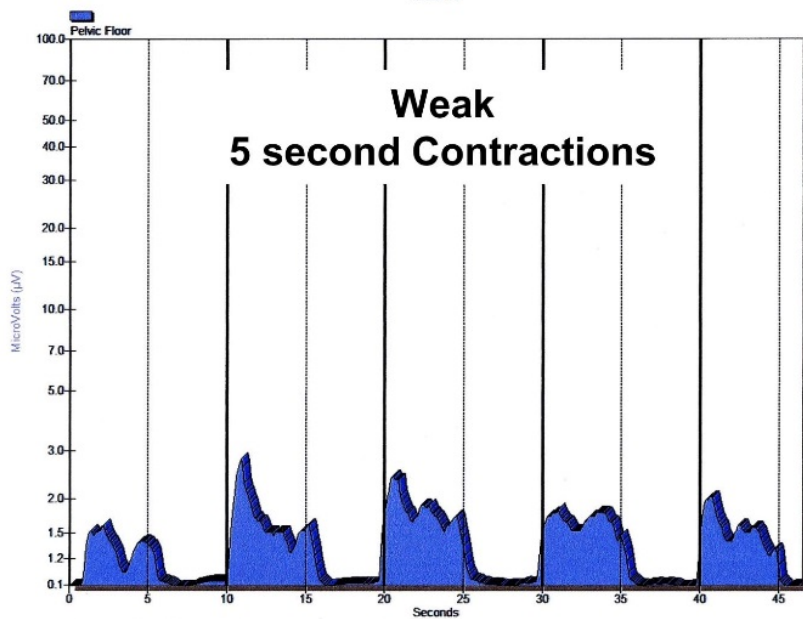
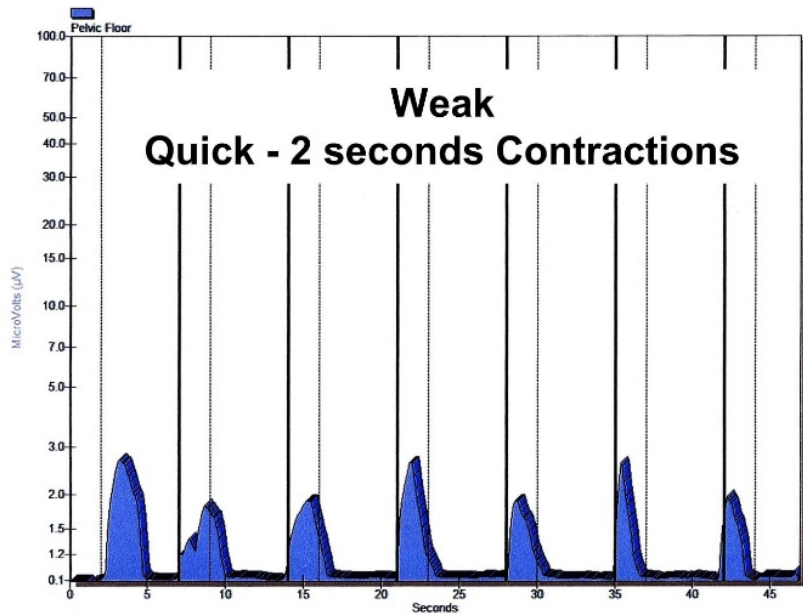
- 68 y.o. male
- Patient with long-term lower urinary tract symptoms
 - Treated for many years for BPH
 - Was not happy so switched to Penn Urology
- s/p post robot assisted radical prostatectomy in fall of 2018

Initial Visit: 4/2019

- Experiencing postoperative stress incontinence
 - Reports a significant amount of urinary incontinence despite doing the Kegel exercises “religiously.”
 - Primarily doing them by “moving my penis.”
 - Only able to contract the muscle for 3 seconds
 - Urine leakage with sneezing, lifting, coughing, bending over.
 - Very little daytime voiding as most of the urine leaks out.
 - Awakens at least 2 to 3 times at night, will have occasional nocturnal enuresis.
 - AUA SS 25/35, reports urinary symptoms are “terrible.”

Places 4 to 6 smaller pads (“soaked”) inside 2 to 3 protective underwear, then puts on cloth brief (found online) over the protective underwear and pulls on a vinyl pant for extra protection.





Overall Treatment Values:

EMG A	Avg(µV)	Min(µV)	Max(µV)	W-R Rise(µV)
Work	1.6	1.1	2.8	1.05
Rest	0.5	0.0	1.7	

“Underactive PFM”

***Prescribed PFMT,
short and long
contractions, 3
positions, 2
sets/day***

Post-operative SUI

2nd Visit - 5/2019

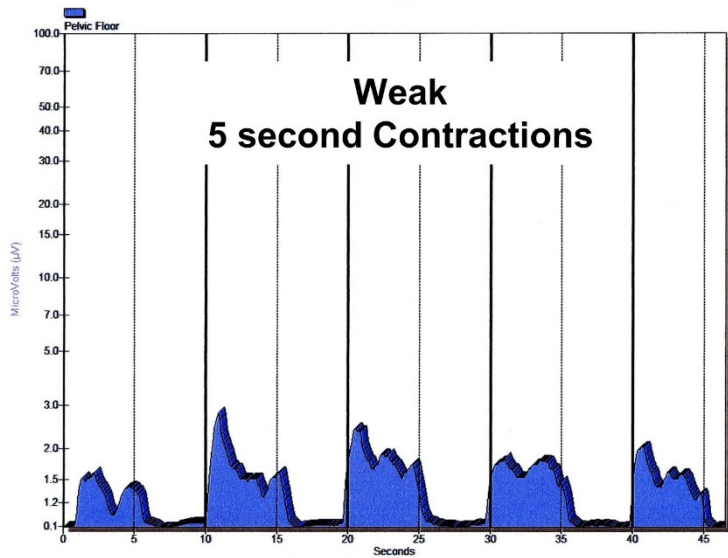
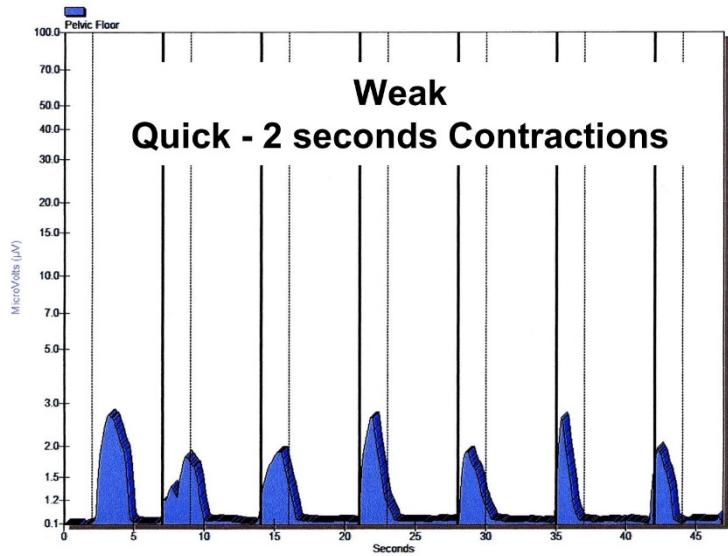
- “Maybe a little better”
- Frequency continues to be an issue but unchanged since prior to surgery.
 - Urinary frequency may be less, maybe every 3 to 4 hours.
 - Eliminated all the "nervous situations."
Calls it “nervous voiding”
- Urine leakage occurs with sneezing, coughing, and sometimes it "just happens."
- Most times patient feels he can "hold it."
- Nocturia only once and usually towards end of night

Post-operative SUI: 3rd Visit - 6/2019

- Sometimes at night, does not wear the vinyl pants as “I get hot”
- Has noticed that he does not need to change the smaller Guard pad as often “maybe I am a little drier”
 - So... less product use than reported previous visit..
- Good compliance with exercises, consistently doing them twice a day.

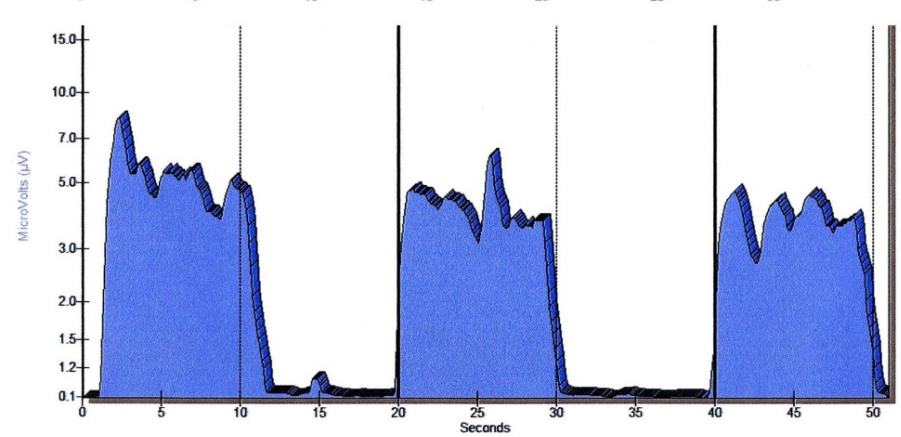
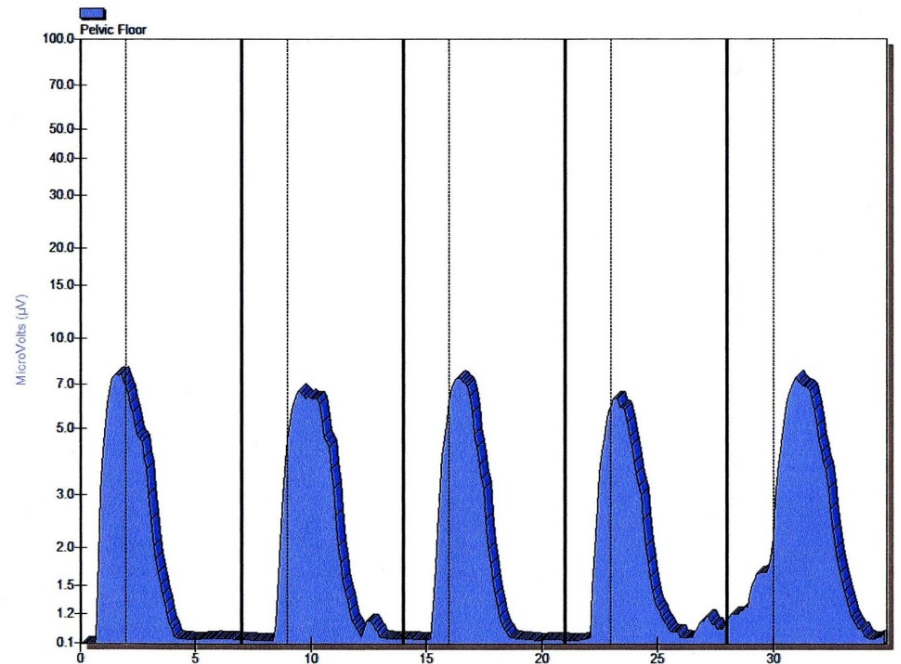
Post-operative SUI: 4th Visit - 7/2019

- Has decreased pad to using a thinner pad
 - 2 to 3 pads per day so quantity of urine loss is less
 - Stopped using the vinyl pant
 - Still uses 1 protective underwear/day and the added cloth brief
- Coughing, sneezing will cause UI.
- Urgency or frequency “not a bad, I have more control”
- Weak urine stream (“been that way my whole life”).
- AUA SS 11/35.
 - Patient continues to report that symptoms are “terrible.”
- He has been in compliance with exercises, consistently doing them twice a day.



Overall Treatment Values:

EMG A	Avg(µV)	Min(µV)	Max(µV)	W-R Rise(µV)
Work	1.6	1.1	2.8	1.05
Rest	0.5	0.0	1.7	



Overall Treatment Values:

EMG A	Avg(µV)	Min(µV)	Max(µV)	W-R Rise(µV)
Work	4.0	1.3	8.2	3.33
Rest	0.7	0.0	4.7	

