



- “QUALITY OF LIFE IN PATIENTS WITH LOWER URINARY TRACT SYMPTOMS DUE TO BENIGN PROSTATE HYPERPLASIA AND OUTCOMES COMPARISON ON MODIFIED BPH-QoL SCALE AND INTERNATIONAL PROSTATE SYMPTOM SCORE ”



INTRODUCTION :

The BPH specific QoL scale was brief, easy to administer, and revealed the psychological effects such as fear of cancer, fear of surgery associated with BPH. BPH specific QoL scale is very much useful and more comprehensive in addressing the quality of life in patients with lower urinary tract symptoms due to BPH than the IPSS scale.

Drawback was found that score could not be uniformly assigned to the patient above 60 years for the question regarding sexual life in BPH specific scale.

AIMS AND OBJECTIVES :

To assess the quality of life in patients with LUTS with BPH using BPH specific QoL questionnaire.

To compare the outcomes of BPH specific QoL scale with IPSS.

MATERIALS AND METHODS :

This was a cross sectional and comparative study conducted from November 2019 to November 2020, approved by the institutional ethical committee.

Study population:- patients attending the Out Patient Department at the Department of Urology, IPGMER & SSKM Hospital, Kolkata during our study period.

Sample size:- A total of four hundred (400) men were selected for the study.

BPH specific QoL scale

developed by Cam et al in 2012

Consisted of 20 questions related to the quality of life due to BPH.

Each of the 20 items was assigned a score based on the degree of the complaint searched by that particular question.

According to the answers of the patients to each item, the following scores were given as from 0 to 3 with 0 to none = no bother at all, 1= little bother, 2 = quite a lot (moderate bother), 3=a great deal (severe bother).

A total QoL score for all questions was calculated by summation of these 20 scores as from 0 to 60.

RESULTS :

The correlation of BPH-specific QoL scale questions with quality of life question of IPSS was found to be statistically significant.

The correlation coefficients of BPH-specific QoL questionnaire were found to be $r = 0.560$ ($p < 0.0001$) with the total IPSS and $r = 0.376$ ($p < 0.0001$) with the QoL score of IPSS.

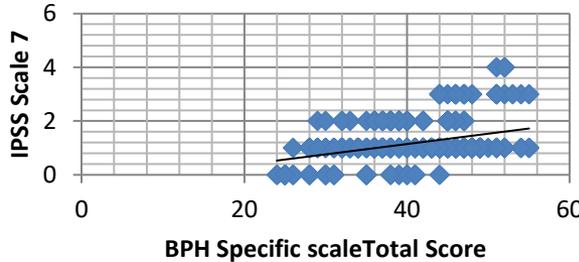
The reliability for Cronbach’s Alpha – 0.879

Reliability Statistics

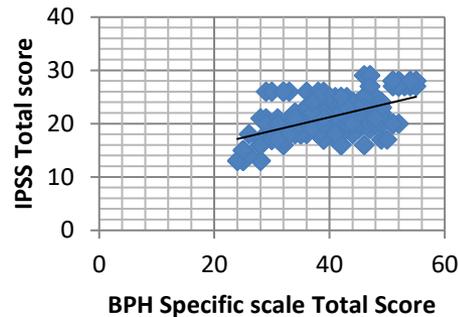
Cronbach's Alpha -.879

Cronbach's Alpha Based on Standardized Items -.718

N of Items -20



BPH Specific scale Total Score



BPH Specific scale Total Score

DISCUSSION :

The BPH specific QoL scale was brief, easy to administer, and revealed the psychological effects such as fear of cancer, fear of surgery associated with BPH.

BPH specific QoL scale is very much useful and more comprehensive in addressing the quality of life in patients with lower urinary tract symptoms due to BPH than the IPSS scale.

Drawback was found that score could not be uniformly assigned to the patient above 60 years for the question regarding sexual life in BPH specific scale.

CONCLUSION :

The BPH specific QoL scale was brief, easy to administer, and revealed the psychological effects such as fear of cancer, fear of surgery associated with BPH.

BPH specific QoL scale is very much useful and more comprehensive in addressing the quality of life in patients with lower urinary tract symptoms due to BPH than the IPSS scale.

Drawback was found that score could not be uniformly assigned to the patient above 60 years for the question regarding sexual life in BPH specific scale.

IPSS questionnaire							
Over the past month, how often have you ...	Not at all	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always	YOUR SCORE
1. had a sensation of not emptying your bladder completely after you finish urinating?	0	1	2	3	4	5	
2. had to urinate again less than two hours after you finished urinating?	0	1	2	3	4	5	
3. stopped and started again several times when you urinated?	0	1	2	3	4	5	
4. found it difficult to postpone urination?	0	1	2	3	4	5	
5. had a weak urinary stream?	0	1	2	3	4	5	
6. had to push or strain to begin urination?	0	1	2	3	4	5	
7. Over the past month, how many times did you most typically get up to urinate from the time you went to bed at night until the time you got up in the morning?	None	Once	Twice	3 times	4 times	5 times or more	
TOTAL							
8. QUALITY OF LIFE DUE TO URINARY SYMPTOMS							
If you were to spend the rest of your life with your urinary condition the way it is now, how would you feel about that?							
Delighted	Pleased	Mostly satisfied	Mixed – about equally satisfied & dissatisfied	Mostly dissatisfied	Unhappy	Terrible	
0	1	2	3	4	5	6	