

Are Non-invasive Urodynamic Penile Cuff Studies a Useful Tool in the One-Stop Clinic?

Introduction and Objective: A significant proportion of urology outpatient referrals are for lower urinary tract symptoms (LUTS) in men. There is increasing emphasis on investigating, diagnosing and initiating treatment at the patient's first visit. Pressure Flow studies are a useful tool but is invasive and requires a specialist setting. Penile cuff studies are a validated non-invasive method of diagnosing outflow tract obstruction. We looked at whether cuff studies improve the treatment provided in a one-stop clinic.

Materials and Methods: We examined the notes of 40 patients who underwent cuff studies in a one-stop clinic. They all had a history taken, were examined, completed an IPSS score and a frequency/volume chart. We recorded outcomes of these tests, diagnosis and treatment initiated. We then re-examined each case to see if management would have been different if the patient had not had cuff studies.

Results: In 8 (20%) patients the diagnosis and treatment would have been incorrect without cuff studies. Four patients had mixed storage and voiding symptoms. Three of these had no evidence of outflow tract obstruction. Two were prescribed anti-cholinergics and one advised fluid modification and bladder training. Two patients under the age of 40 were diagnosed with outflow tract obstruction based on cuff studies. Otherwise they would have required formal urodynamics. Two patients suffered predominantly from nocturia and were diagnosed with outflow tract obstruction and commenced on an alpha blocker. All 40 patients tolerated the procedure well without complication.

Conclusion: Penile cuff studies are a useful, non invasive, well tolerated, tool. If used selectively in those with a mixed picture of symptoms or in the younger patient, they may allow one-stop decision making and avoid the need for further follow-up appointments before treatment intervention.