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SAFETY AND EFFICACY OF INTRA DETRUSOR BOTOX INJECTIONS IN ELDERLY PATIENTS COMPARED TO YOUNGER AGE GROUP: EXPERIENCE OF A BOTOX CLINIC UNDER LOCAL ANAESTHETIC.

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Introduction:

Botox injection is an established treatment for overactive bladder. Symptoms are also common in elderly population. However, clinicians are more cautious to offer Botox injection in this age group due the fear of complications and risk of retention. There is lack of enough data regarding safety and outcome of this treatment in elderly population, hence, we presented our experience regarding this.

Methods:

Study involved overactive bladder patients treated with Intra detrusor Botox injections. Procedures were performed under Local anaesthetic in outpatient clinic. Symptoms were assessed with ICIQ OAB and ICIQ UI questionnaire before treatment and at follow up in 6 weeks. Complications, outcomes, intermittent self catheterisation (ISC) rate were also noted. Results were divided between age groups: above and below 75 years. Paired 't' test was done to check statistical significance.

Results:

Total 73 patients were included, with 62%(45) Female and 38%(28) male. 46 patients were below 75 years old and 27 were 75 years and above (Range 75- 89, Average 81.8). In younger age group, 82.6%(38) were happy with symptomatic improvement and continued repeat injections. 14(30%) patients were doing ISC. However, only 5(10.8%) patients commenced ISC after having Botox. Also 2 out of 5 did not require to continue ISC after 1 month. 1(2.1%) patient had urinary tract infection (UTI). Whereas, in elderly age group, 77.7%(21) were happy with symptomatic improvement, 10(37%) patients were doing ISC, although 5(18.5%) patients commenced ISC after having Botox. 1(3.7%) patient had retention and another (3.7%) was readmitted with UTI. There were statistically significant improvements in symptom scores (ICIQ OAB, ICIQ UI) in both the age groups at 6 weeks follow up ($P<0.001$).

Conclusion:

Botox Treatment for overactive bladder is almost equally effective in elderly population, although higher risk of retention and ISC which needs careful discussion and ability to perform.