

# Overactive Bladder Acupuncture Treatment clinic

Pelvic Health Physiotherapy  
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## Overactive Bladder

A common problem affecting 12% of the UK population

Both sexes affected but more common in women – more common in the elderly

Characterised by urgency, frequency and nocturia

Frequently accompanied by incontinence

Long term condition

Management rather than cure



## Conservative Management

Lifestyle measures

Pelvic floor muscle  
optimisation

Bladder retraining  
techniques

+/- medication – known  
side effects and poor  
adherence

NICE Guidance 2019



# Surgical Management

***Botulinum toxin (Botox) injections*** into the smooth muscle of the bladder wall – aims to decrease contractility of detrusor

Usually requires repeat injections every 6 months

Major side effect – urinary retention and requirement for intermittent self-catheterisation

50% success rate

***Sacral nerve neuro modulation (SNM)***

Implanted nerve stimulator

Costly procedure

Lifelong follow up

50% success rate

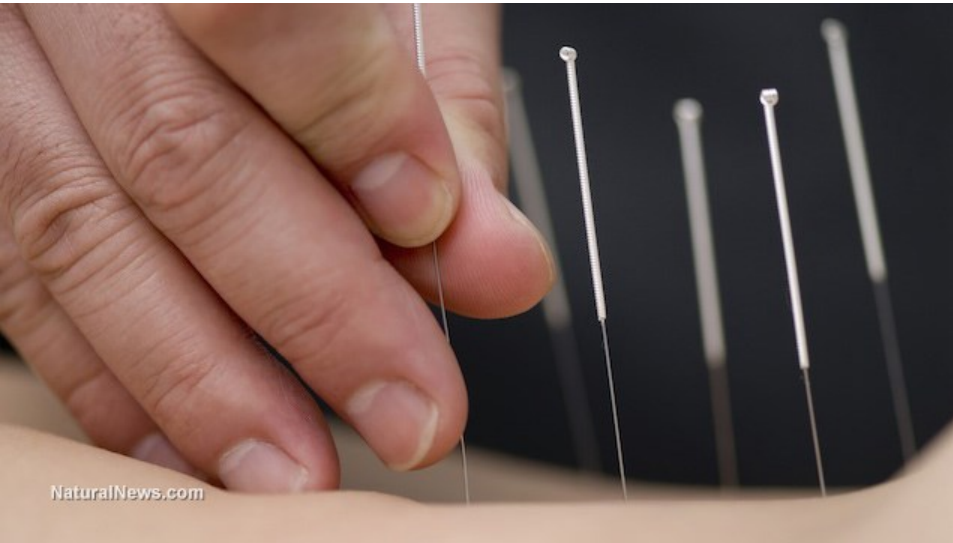
***Surgical intervention***

Clam cystoplasty

Urinary diversion

Measures of last resort





NaturalNews.com

## Is there an alternative treatment?

A recent Cochrane Review on Acupuncture for OAB concluded it was as effective as medication with a lower side effect profile but further high quality trials are required to confirm this

Offered as an adjunct to physiotherapy treatment since 2014

Capacity within the service has reached its limit



# Acupuncture Clinic

Quality Improvement initiative working with Newcastle Improvement Team and the Institute for Health Improvement

Planning started in June 2022 clinic was implemented in August 2022. Progress tracked using LifeQI software.

## Project Aim

“The pelvic health physio team will increase availability of acupuncture appointments by 50% for OAB patients by the 1st October 2022 ***whilst maintaining patient centred care***”



## What did we do

Instigated a multi-bed weekly acupuncture clinic Monday evening 5-8pm

Up to 4 patients being treated at the same time

2 Physiotherapists

12 appointments per clinic

Measures:

Patient satisfaction survey

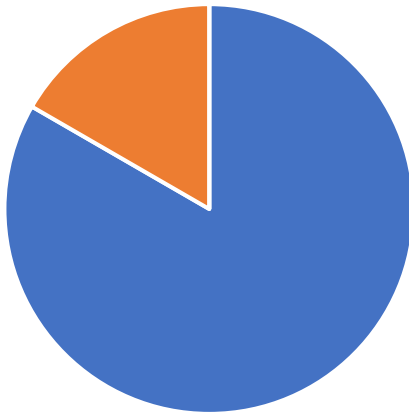
Pelvic Health NP appointment availability

% of clinic appointments filled



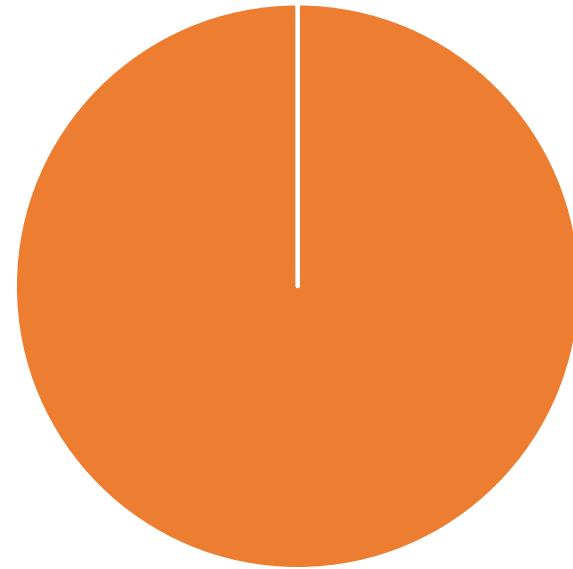
# Patient satisfaction

How did your experience in the clinic differ from your previous individualised acupuncture visits?



■ About the same ■ Better ■ Worse

How satisfied were you with your overall treatment?



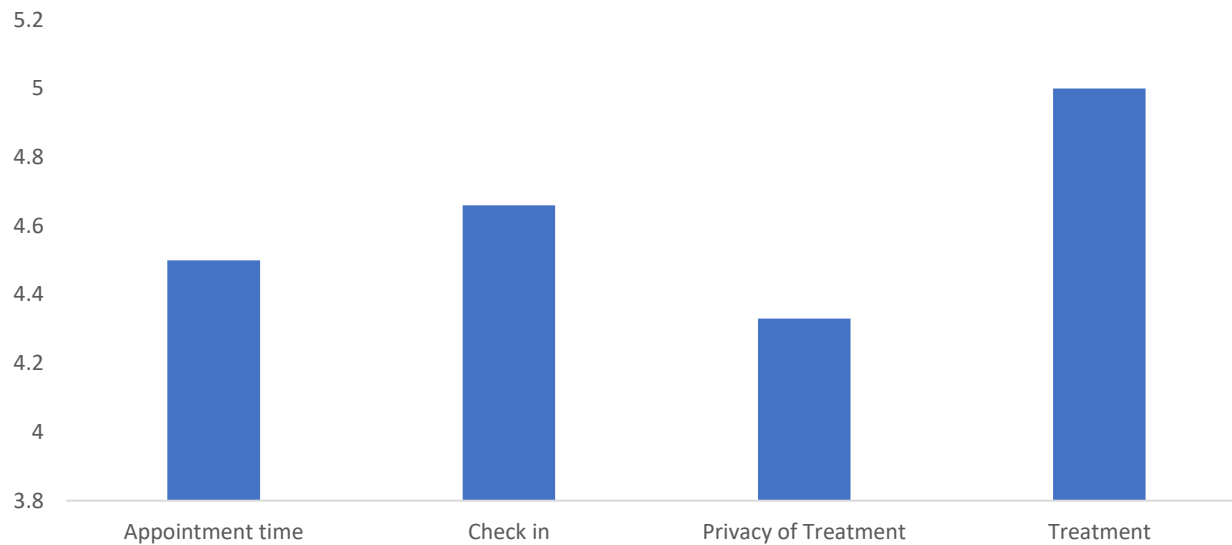
■ Dissatisfied ■ Satisfied



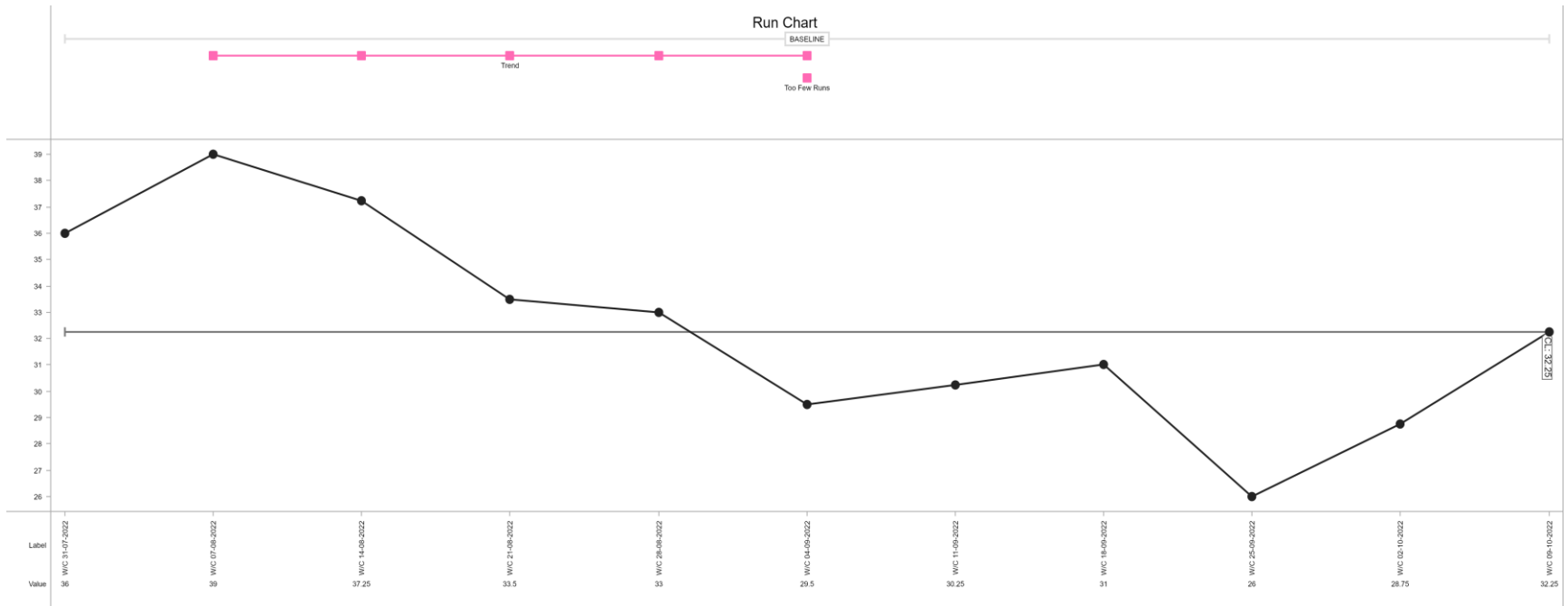


# Patient satisfaction

How would you rate the follow parts of your visit?



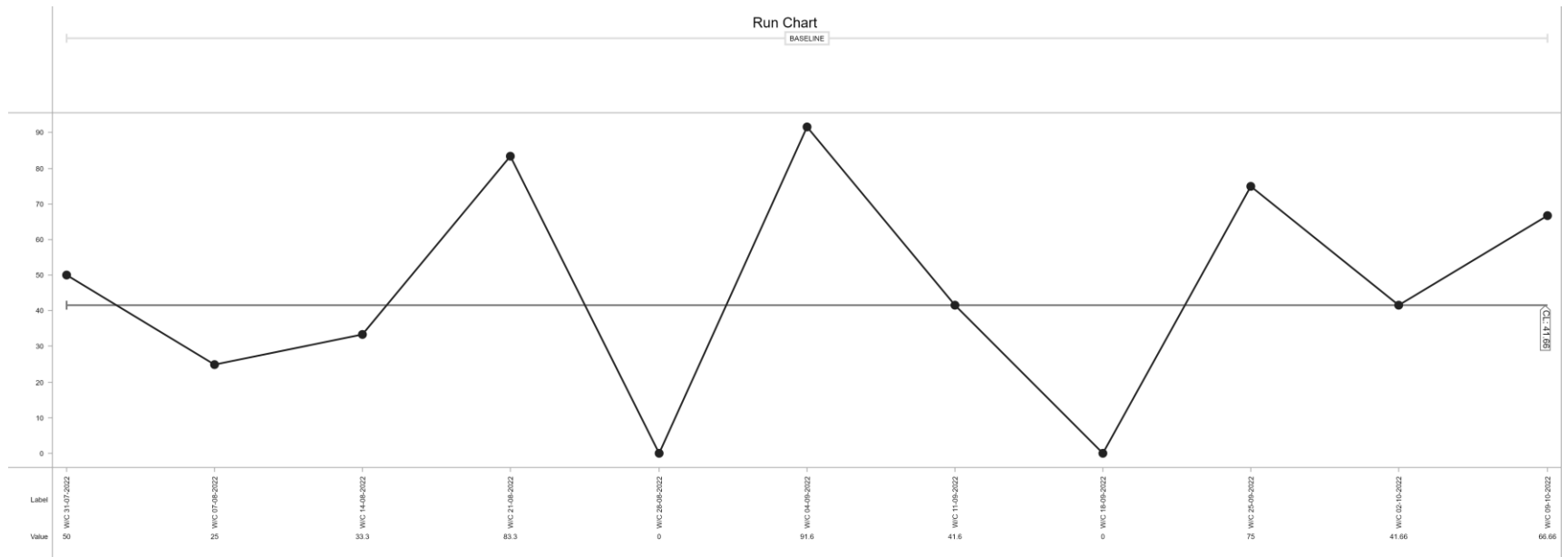
# Number days until next available NP appointment for whole PH Physiotherapy Team



Generated by LifeIQ



# % of Acupuncture Clinic Appointments Filled



Generated by LifeIQ



## What's next

Have we answered all the questions yet?

- Undertaking the study/act parts of our initial PDSA cycle – appointment times/privacy issues to address
- Continue to seek patient feedback for people undergoing treatment trials
- 2<sup>nd</sup> PDSA cycles for the next 11 weeks – continue to collect data from original measures
- Review data collection at the end of December 2022
- Further PDSA cycles may be required
- Aim to have addressed our questions by April 2023

