Continence issues after prostatectomy

What do men want?

The Great British Study Day 6 June 2017

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Session aims

• Men’s experience of incontinence
• Male specific continence needs
• Contribution of product related research
• Available resources for men & clinicians
Prevalence of urinary incontinence in men

Shamliyan et al 2009 Male Urinary Incontinence: Prevalence, Risk Factors, and Preventive Interventions

www.tena.com
Unlike women (who menstruate) – men have no experience of uncontrolled ‘leakage’
What are the options for men?

- Pads
- Indwelling catheters
- Body-worn urinals
- Clamps
- Sheaths & bags
Men's containment needs
key research findings

Absorbents

- men tend to be wetter than women
- some washable absorbents (toweling diaper + plastic pants) better than disposable equivalents for heavy night UI
- Men willing to use washable absorbents for heavy night time UI
- For light UI, shaped male pads best overall
- washable pants OK for very light leakage when active – marmite!

Devices

- Sheaths the most popular device overall (prolonged periods)
- Clamps very useful (short periods, vigorous activity)

⭐⭐ Combinations of products (including pads) needed by most men

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Men say:

I thought – Oh God it's like being a woman

Airport security is a nightmare – they might pull the pads out

The padding is in all the wrong places

I save them up in the bathroom – she says – “throw them away!”

…. too long – I cut them up

I have to take the wet ones home – no bins in public toilets
Men found devices very useful for certain situations and activities.

Good for things like swimming and tango but can be painful!

Great for long journeys or activities like golf… but can fall off!
Prostate cancer and incontinence

- More men are surviving prostate cancer
- Unwanted consequences – incontinence (and ED)
- Artificial urinary sphincter – not suitable for all

- 3 year programme
- Movember funded
- Part of a TrueNTH programme
- UK and worldwide
Patient experiences after surgery

**Difficulties managing a catheter at home**

“I broke down in tears because I had a load of wee come outside of the catheter tube out my penis and I had a little bit of blood come out and it frightened me”

**Feeling unprepared for incontinence**

“[you] go to the supermarket and stare at a row of products designed for children and toddlers having no real idea of what size they might be until you buy them”
Patient experiences after surgery

**Blaming themselves**

“.....because of the incontinence side of it that is what makes you wonder and it’s always in there niggling away at you, should I have opted for radiotherapy?”

“You religiously do pelvic floor exercises all the time and nothing was happening, it wasn’t getting any better.”

**Regretting the surgery**

“If the choice is: you are what you are today [incontinent] or I’ll put your prostate back with the cancer – which do you want? I’d say ‘I’ll have the prostate back please’”
Summary: Men’s current experience

• Men are unprepared for incontinence post treatment – they get a nasty shock!

• They leave hospital unable to properly look after their catheter

• They lack information about products, how to choose them and where to get them

• They often have little help from health care professionals

• They can be depressed and regret their treatment option even preferring cancer to incontinence
Summary: What men want

• **Better information** about how to manage incontinence and cope with products in the home and when travelling/socialising

• **Access to different products and devices** for different circumstances – particularly for activities when ‘going out’

• **Better products**
  - Absorbent products that are designed to be effective for men and to look ‘masculine’
  - A less painful penile clamp
Impartial advice for continence product users & healthcare professionals

Millions of people worldwide manage their incontinence using a combination of products.

All of our unbiased advice is written by continence healthcare professionals and based on research evidence. Find out more.

Find out which products suit your needs...

www.Continenceproductadvisor.org
Prostate cancer incontinence website

Get prepared for:

Surgery and a Catheter

Bladder / Bowel Leakage
What is a catheter?

- A catheter is a thin, flexible, plastic tube that is placed inside your bladder and penis. Immediately after your operation you will have a urinary catheter in place.
- Understandably most men are apprehensive at the thought of having a catheter.

- Its purpose is to allow urine to drain whilst the area around the operation starts to heal. It is usually removed after about a week but could be longer.
- Men do worry that their catheter will fall out - this is very unlikely although it can happen if it is tugged hard.
Male Handheld Urinals

Male handheld urinals are specifically designed to provide men with an alternative to the toilet. Men with a short or retracted penis may also find some female handheld urinals useful as they have a wide opening and are commonly called bottles.

More about male handheld urinals

- Male handheld urinals are designed specifically to accommodate the male anatomy and are commonly called bottles.
- Most male handheld urinals are very similar in shape and size with a narrow opening (the neck) into which the penis is placed.
- Some have non-spill valves to prevent back flow of urine from the urinal and spillage after use.
- 'Bottles' may be rather unstable and flat-bottomed urinals provide a more stable alternative (and less likely to spill) particularly for those using a urinal in bed.
- Some men also find they can make their own urinal by recycling household bottles/containers.
- Some handheld urinals have larger, easy to grip handles which you might find helpful if your hand control is poor. Urinals can be heavy to manage when full and if your hand control is poor you may need a helper to empty the urinal.

How well do they work?

- Most male urinals work well in most positions as long as you can position the base of the urinal downwards so that gravity helps the urine to flow away from your body.
- Using sachets of super absorbent polymer (SAP) or attaching a drainage bag to the urinal should also help to prevent leakage.
- If you have a retracted or small penis (often a problem after some types of surgery) you may find a female handheld urinal with a wider opening (or a home-made one) more useful for you.
- Some men can reach the toilet but have a problem passing urine into the pan either because of a retracted penis or a stream which is hard to direct. If this is the case then a urine director might be helpful.

Other FAQ's

I have bowel leakage - can I use male urinals?

- Male handheld urinals tend to have a narrower neck making them unsuitable for the collection of stool. You might consider using a female (wide-necked) urinals if you need to pass stool with very little warning.

You can find out more about products suitable for bowel leakage.

Will I have difficulty putting them into position?

- Some urinals are easier to position than others, depending on the urinal and penis length. If you have a retracted or short penis you may find that you can only use a male urinal when standing or sitting on the edge of a chair or bed. The penis can then be positioned in a downwards direction making successful urination more likely.

- Look for wider necked male urinals or consider using a female urinal.

Are there any disadvantages to using male urinals?

Top Tips

Be the first to tell us your tip for this product

<table>
<thead>
<tr>
<th>Suppliers</th>
<th>Europe</th>
<th>Americas</th>
<th>Asia</th>
<th>Africa</th>
<th>Oceana</th>
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Contienence Product Advisor does not endorse any website.
Choose the option that fits you best
You can choose more than one option if you need to

I usually need help changing my pad/product
No

I usually stand for pad/product changes
Yes

I have memory problems
No

Most of the time my leakage is....
light OR moderate/heavy

I have....
light urinary incontinence only OR moderate/heavy urinary incontinence only OR urinary and faecal incontinence only

Option Tool 1

Option Tool 2

Option Tool 3

Option Tool 4

Option Tool 5

Option Tool 6

Option Tool 7

Option Tool 8

Option Tool 9

Option Tool 10

Option Tool 11

Option Tool 12
There are 12 of these tools for men (and 12 for women)

**Step 1**

**Answer these 6 questions to start choosing your products**

If you answer ‘yes’ to the question, go along the row to see which products are recommended (green) or might be suitable (orange)

<table>
<thead>
<tr>
<th>Question</th>
<th>Small disposable pads</th>
<th>Large disposable pad &amp; pants</th>
<th>Disposable diaper</th>
<th>Disposable pull-up</th>
<th>Urinary sheath</th>
<th>Body worn urinal</th>
<th>Washable diaper</th>
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<tbody>
<tr>
<td>1. Do you have light day time leakage (does not usually spread beyond underpants)?</td>
<td><a href="#">Green</a></td>
<td><a href="#">Green</a></td>
<td><a href="#">Green</a></td>
<td><a href="#">Yellow</a></td>
<td><a href="#">Red</a></td>
<td><a href="#">Red</a></td>
<td><a href="#">Red</a></td>
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<tr>
<td>2. Do you have moderate day time leakage (spreads beyond underpants)?</td>
<td><a href="#">Green</a></td>
<td><a href="#">Green</a></td>
<td><a href="#">Green</a></td>
<td><a href="#">Green</a></td>
<td><a href="#">Green</a></td>
<td><a href="#">Orange</a></td>
<td><a href="#">Orange</a></td>
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<tr>
<td>3. Do you have heavy day time leakage (spreads beyond outer clothing)?</td>
<td><a href="#">Red</a></td>
<td><a href="#">Yellow</a></td>
<td><a href="#">Yellow</a></td>
<td><a href="#">Yellow</a></td>
<td><a href="#">Yellow</a></td>
<td><a href="#">Yellow</a></td>
<td><a href="#">Red</a></td>
</tr>
<tr>
<td>4. Do you have moderate or heavy night time leakage?</td>
<td><a href="#">Red</a></td>
<td><a href="#">Red</a></td>
<td><a href="#">Green</a></td>
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<td><a href="#">Green</a></td>
<td><a href="#">Green</a></td>
<td><a href="#">Red</a></td>
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<td>5. Do you go out for long periods (e.g. travel)?</td>
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<td><a href="#">Orange</a></td>
<td><a href="#">Red</a></td>
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Now go to **Step 2**

for more information on the products you’ve chosen
(you can skip the information on products that you don't think will work for you)
Disposable Small Pads for Men

- There are two main types of small disposable pad suitable for men: small unisex pads and leafs.

- Small unisex disposable pads are usually shaped (but can be rectangular) to fit the body snugly. They have an adhesive strip on the back, but require pants to be close-fitting to hold them securely in place. Suitable for the very lightest to moderate leakage. Generally as the absorbency increases so does the size (and bulk) of the pad.

- Leafs are absorbent pads with a waterproof backing, secured in place by an adhesive strip which sticks on to your own close-fitting pants. They are slightly elasticated to give a shape that is designed to cover both penis and scrotum.

- They are the best performing pad design for men with light bladder leakage and are more popular than small disposable unisex pads.

- They are one of the more expensive of the disposable options so if price is a consideration for you, you might want to use the cheaper alternatives on some occasions.

- You can buy these products from supermarkets, chemists or on-line.
- Your local continence advisory service might provide these products for you. Phone your GP practice for contact details.
Here’s an example of why one man chose 4 different products to suit his lifestyle

- This is John, he is 84 and has heavy urinary incontinence day and night.
- He can walk short distances.
- He regularly visits friends and family.

**John’s Choices**

- **Pad and stretch pants** - Comfortable and easy to change
- **Washable diaper** - Avoids leakage when John sleeps on his side
- **Disposable Diaper** - No need to wash product when away from home
- **Urinary Sheath** - Can be worn all day without changing

Day Home  Day Away  Night Home  Night Away
Penile compression devices (clamp)

Important characteristics:
- **Safe + Effective + Comfortable**
- No sharp edges
- Discreet
- Easy to apply & remove
- Easy to open during wear

- Easy to clean and re-use
- No consumable components
- Easy to store
- One piece
- Acceptable price
Penile Compression Devices

A user guide produced with men who have experience using penile compression devices.

Penile compression devices are a continence aid that some men find helpful. They are not recommended by all organisations, for example, NICE in the UK. However, men do use them and this guide is intended to help you decide....

Would a penile compression device be right for me? If so, how should I use it safely and effectively?
Important characteristics:
• Effective + Comfortable + Look acceptable
• normal, not too bulky, discreet, adult, masculine
• Fit – fastenings, leg an waist adjustment, depth
• Easy to wash and dry
• Cost effective
Take home messages

• Incontinence related to prostate cancer has a major impact on men’s lifestyles and may even lead to decision regret

• Men need support at each stage of treatment and follow up

• Men have specific continence product requirements and combinations of products nearly always provide the best solution

• Resources are available for men and their clinicians

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Penile clamps

Research method:
- Review with men all existing clamps
- Testing of short listed clamps – user evaluation at home, laboratory testing (questionnaires & pad leakage diary)
- Computer modelling of designs to assess soft tissue impact
- Design spec. → prototypes
- Refined prototype → market
- Clamp leaflet, user videos
Preliminary results

Important characteristics:
• Safe + Effective + Comfortable
• no sharp edges
• Discreet
• Easy to apply & remove
• Easy to open during wear

• Easy to clean and re-use
• No consumable components
• Easy to store
• One piece
• Acceptable price

• There is no ideal clamp
• None performed better for key criteria (comfort, effectiveness) c/w Cunningham (safety testing incomplete)
• Weisner & Dribblestop showed most promise overall
**Products for heavy, night time UI**

1. Two-piece: towelling pull-up pant + shorts with waterproof inner pant

2. Two piece: diaper without integral waterproof layer + shorts (as in #1)

3. One-piece: diaper with integral waterproof layer

4. Two-piece: towelling square diaper + waterproof pant (*reference product*)

**Research method:** Review with men all existing products → testing of short listed products (crossover trial, user evaluation at home) → design spec. → prototypes → Refined prototype → market
Preliminary results

Important characteristics:

- Effective + Comfortable + Look acceptable
- Normal, not too bulky, discreet, adult, masculine
- Fit – fastenings, leg and waist adjustment, depth
- Easy to wash and dry
- Cost effective

- All products look better than the towelling square BUT
- All products are less effective and uncomfortable when wet
- Two piece better than 1-piece
Take home messages

• Incontinence related to prostate cancer has a major impact on men’s lifestyles and may lead to decision regret.
• This programme aims to discover and meet the information needs of men through multi-media materials including a website and evidence-based assessment tool; and through the development of two new products.
• These resources will be available to HCPs to use when supporting their patients.