Sheffield Teaching Hospitals
NHS Foundation Trust

Joined up thinking, setting up a Multiple Sclerosis / Urology Service

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What is Multiple Sclerosis ?

- Multiple Sclerosis (MS) affects 130, 000 people in the UK and 2.5 million worldwide.(1)
- It is characterized by symptoms including muscle weakness, sensory and visual disturbances, fatigue and cognitive dysfunction.
- Neurogenic lower urinary tract dysfunction (NLUTD) contributes to morbidity of this condition (2)
- Approximately 75% will experience urinary symptoms including overactive bladder, incomplete emptying and recurrent UTI.
- This can be somewhat overwhelming for patients and good management is not always achieved due to the many strands of symptom management involved in MS

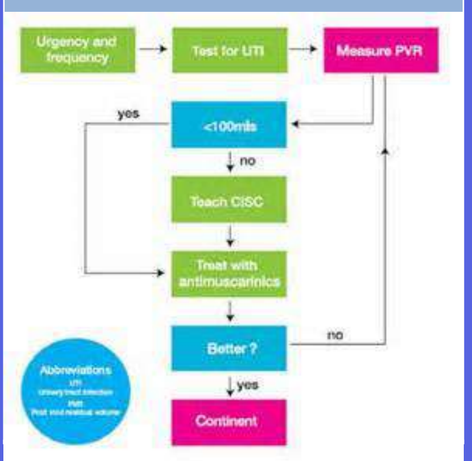
Background

- The Sheffield and South Yorkshire area has just over 4,000 patients with MS.
- With the number of patients requiring continence management increasing and the impact this has on local continence teams we looked at ways of managing this speciality ourselves.
- A Joint approach was needed.
- Miss Reid Consultant Urologist ,who has experience of MS Patients with complicated neurological bladder symptoms and Liam Rice MS Nurse Specialist with Urological background set about looking at how this could be done.

How was this Implemented ?

- We looked at various literature and protocols including Management of the Bladder in MS (2) (Diagram 1.1)
- This helped us develop a series of Pathways that we could implement (Diagram 1.2)
- Approached business managers from both Neurology and Urology regarding setting up a service across directorates
- Approached members of the Radiology Team to help with Supra Pubic Catheter insertion.
- Collated and triaged patients into clinics and subsequent follow up (Diagram 1.3)

Diagram 1.1



Service Evaluation (Diagram 1.4)

The service has been running for 7 years. An evaluation questionnaire was given to patients between July - September 2021 with a sample of 35 patients. The feedback was overwhelmingly positive with 34/35 patients satisfied with their experience and the treatment they received. The table below Fig 1.5 shows the range of symptoms bladder symptoms that were treated.

Diagram 1.2

Diagram 1.3

- We identified that a joint Urologist / MS Nurse approach would be useful in establishing we could help manage in MS neurogenic bladder
- Recurrent UTI
- Overactive Bladder
- Incomplete Emptying
- Supra Pubic Catheter
- Catheter management
- Urological complications/ Investigations

Method

- With the use of established pathways we have been able to implement these in our clinics.
- This was made easier by communication between Urologist and MS Nurse.
- Patient's followed up in the MS Nurse clinics
- Keeping Consultant led clinic free for new referrals
- Continued evaluation and improvement and expansion of service

Results

Service Evaluation

July –September 2021 - MS/Urology Service Diagram 1.4

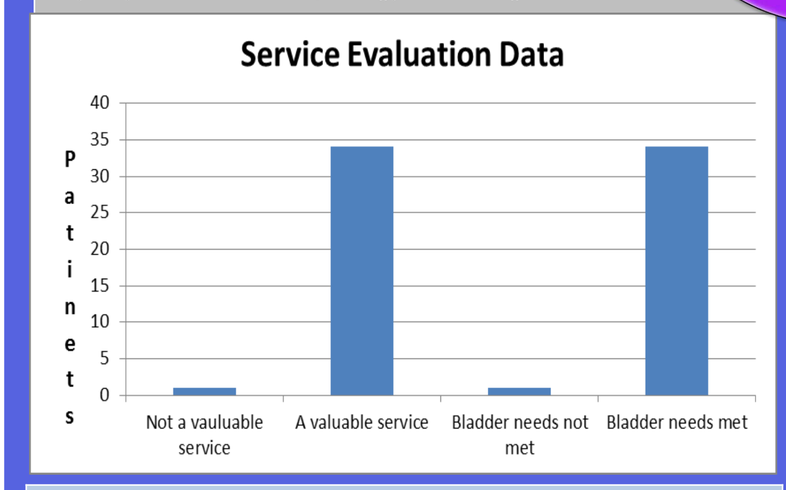
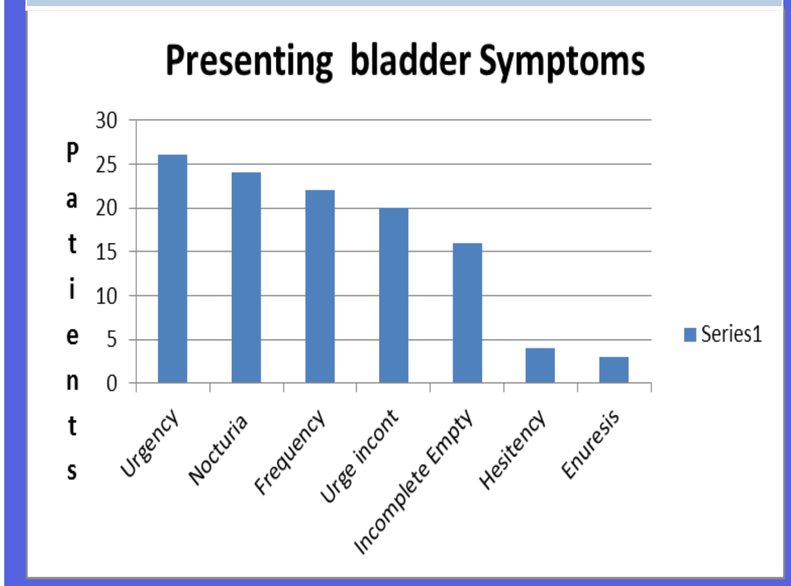


Diagram 1.5



Conclusion:

The service has proved to be successful in meeting patients needs and overall our patients are satisfied with the service. On the whole, we have addressed their bladder needs and treated them in a satisfactory way. We represent a well established model of how to run a joint Consultant/Nurse Service. We receive referrals from the wider MDT and have set up other specialist services based on this model such as MS Spasticity, Preconception & Pregnancy clinics. The service, like so many, has suffered as a result of the pandemic, with reduced clinics and services available. We managed to keep our service afloat using company Nurses to teach ISC and check PVR . The backlash from delayed Botox clinics etc is still being felt, but we hope to continue to provide a platinum service.

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Acknowleadgements:

- Multiple Sclerosis Trust UK
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