

NIGHT SHIFT WORKERS HAVE HIGHER OVERACTIVE BLADDER SCORE WITH AN IMPAIRMENT OF QUALITY OF LIFE: A PROSPECTIVE COHORT STUDY AFTER TRANSURETHRAL

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Aim

Night shift works may have adverse health effects on several anatomical systems through the developing of sleep disorders. Little is known about the impact of night work on LUTS

Aim to evaluate the impact of night shift work on patients with urinary symptoms

Materials & Methods

- ✓ Study period: From March 2018 to October 2018
- ✓ Population: 136 participants (68 male and 68 females) internal survey enrolling subjects working in the national healthcare system and performing night shifts or traditional work hours (from 6am to 2pm)
- ✓ International validated questionnaires Overactive Bladder Questionnaire (OABq)
 - symptoms bother
 - quality of life
- ✓ Clinical variables were collected too (i.e. age and medical history)
- ✓ Collected data were analyzed in according to being night shift workers (NSWs) or traditional workers (TWs) through descriptive methods
- ✓ Univariate and multivariate analysis was performed

Population	Mean ± SD
Subjects	136
Males	68
Females	68
Nurses	68
Doctors	68
TWs	70
NSWs	66
Age	39,5 ± 9,5
BMI	23,3 ± 2,7
Work hours per night	11,0 ± 1,5
Work hours per day	8,7 ± 1,7
Night work hours per week	13,0 ± 4,6
Daily work hours per week	41,4 ± 1,8
OABq total score	26,1 ± 8,3
OABq Symptom bother	9,3 ± 4,1
OABq Quality of Life	16,7 ± 4,6
Nocturia	8 (6%)

Results

	Risk OABq total score > 30		Risk of OAB symptoms bother ≥ 12		Risk of OAB quality of life ≥ 18	
	OR (CI)	p	OR (CI)	p	OR (CI)	p
Age	1,04 (0,99-1,10)	0,10	1,04 (0,99-1,09)	0,08	1,07 (1,01-1,13)	0,01
NSW	30 (9-111)	0,01	16 (6-43)	0,01	20 (6-70)	0,01

	NSW	TW	p
Subjects	66	70	
Male	31	37	
Female	35	33	
Nurses	40	28	
Doctors	26	42	
Age	39,0 ± 8,0	40,0 ± 10,5	0,38
Work hours per night	11,0 ± 1,5	0	
Work hours per day	8,2 ± 1,4	9,1 ± 1,9	0,05
Night work hours per week	13,0 ± 4,6	0	
Daily work hours per week	35,7 ± 10,4	46,7 ± 10,5	0,01
OABq Total score	31	19	0,01
OABq Symptom bother	11	6	0,01
OABq Quality of life	19	13	0,01
Nocturia	7 (10%)	1 (1%)	0,02
BMI	23,7 ± 2,4	23,0 ± 3,0	0,12

Conclusion

Healthy subjects less than 50 years old performing night shift work presented worst OAB symptoms and poor QL when compared to similar traditional workers

Long term data on NSWs patients are also needed to further clarify this relationship