

Pharmacist Intervention for Lower Urinary Tract Symptoms (PILUTS): A 1-Year Analysis

CA Sadowski¹, YN Al Hamarneh², R So¹, A Wagg², K Hunter³, R Tsuyuki², J Schulz²



1 Faculty of Pharmacy & Pharmaceutical Sciences, University of Alberta, Edmonton, Alberta, Canada
2 Faculty of Medicine & Dentistry, University of Alberta, Edmonton, Alberta, Canada
3 Faculty of Nursing, University of Alberta, Edmonton, Alberta, Canada



Introduction

Our previous research in Alberta found that*:

LUTS are common

- 55% of community dwelling older adults Majority reported impact on function and quality of life

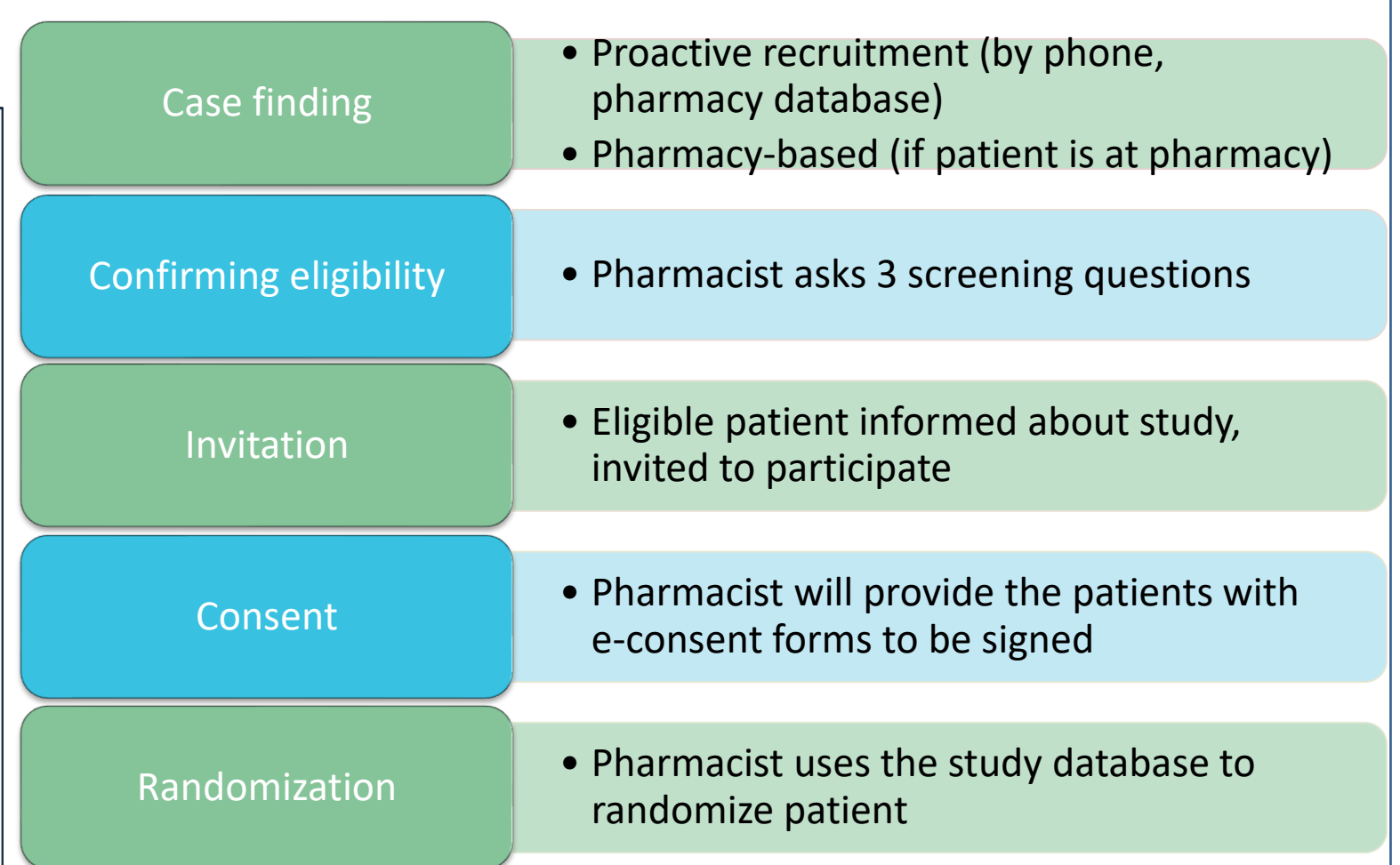
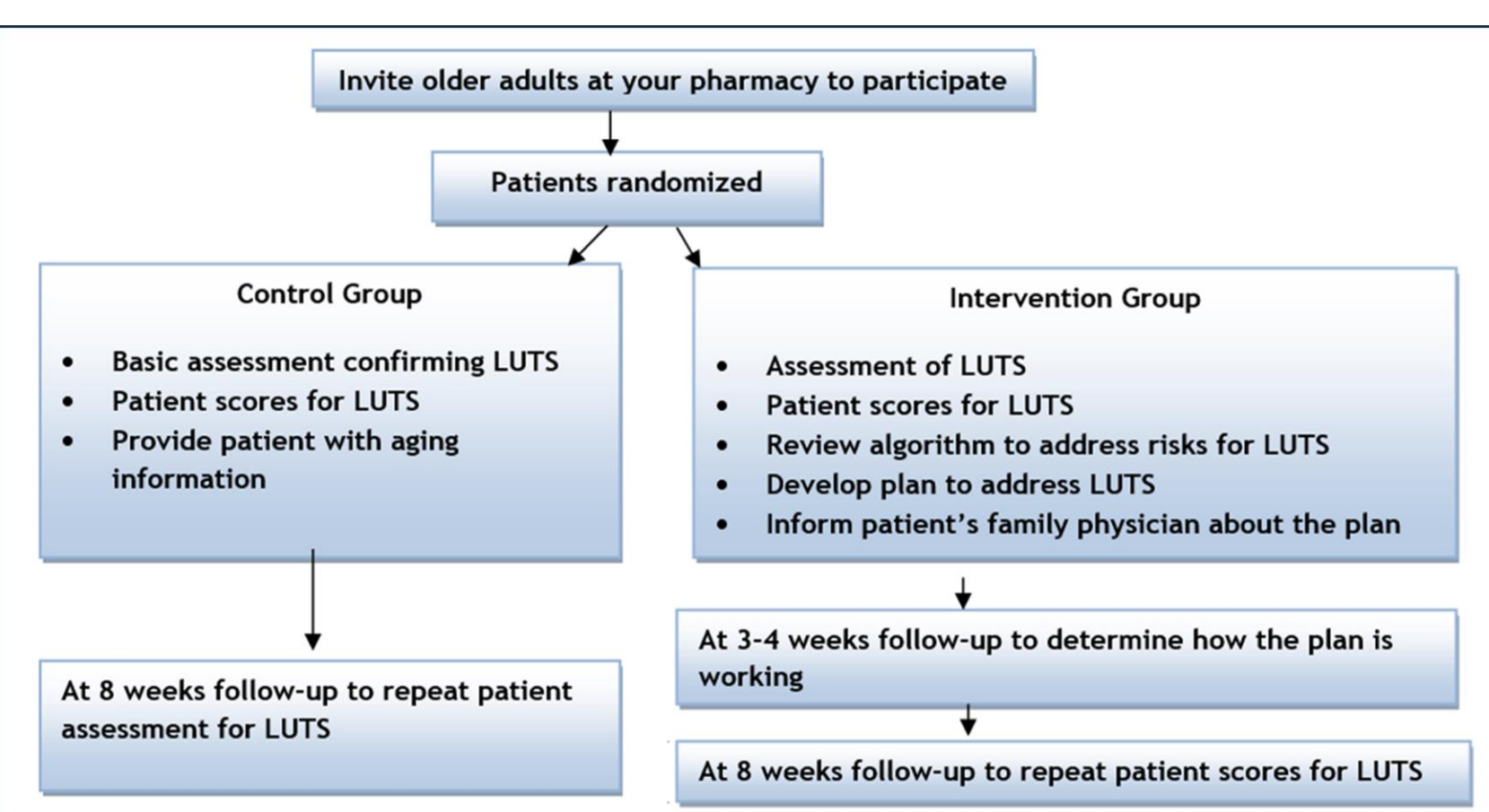
There are gaps in care

- 75% of older adults with LUTS had not consulted any healthcare provider (HCP)

Pharmacist Role and Context

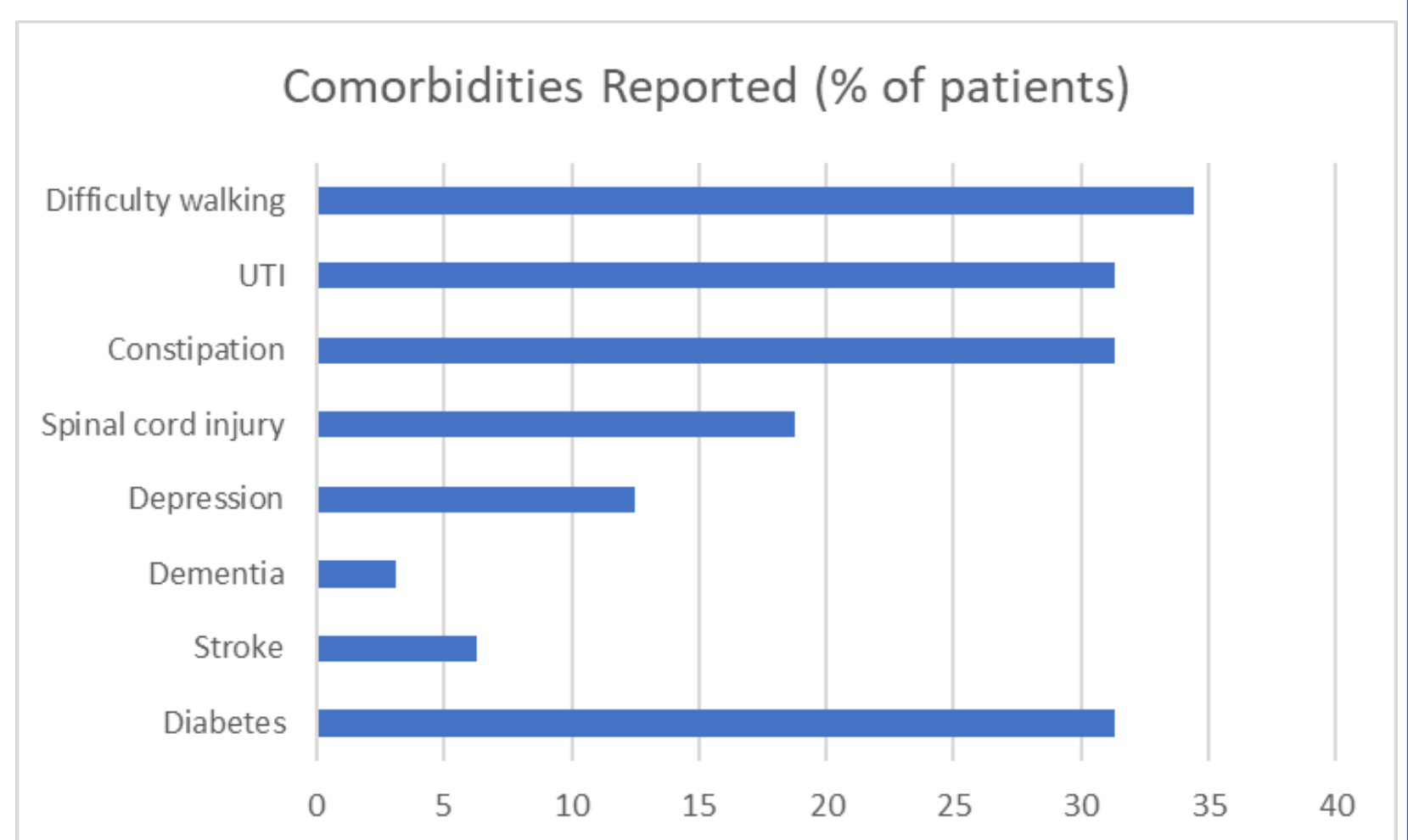
- Community pharmacists are frontline primary care providers who are highly accessible and see patients with chronic diseases regularly
- Province of Alberta pharmacist Scope of practice is broad: assessment, prescribing, public health, assessment for medication reviews

Methods and Materials



Results

Characteristic	Value
Sex	M (57%)
Age (mean)	72y
Ethnicity	White 73% South Asian 18% Indigenous 4% Other 5%



Outcome – Difference from Baseline	Control (n= 21)	Intervention (n= 21)
PPBC	-0.5	-0.3
BSAQ – Symptom	0.2	0.3
BSAQ - Bother	0	0.1
ICIQ-SF	-0.7	-1.1

Discussion and Conclusions

- Interim analysis of n=42 patients shows the study is feasible and patients have slight changes in scores
- Multiple measures are valuable to capture the diversity of concerns for patients with a geriatric syndrome such as LUTS
- Surprisingly pharmacists recruited a large number of patients with spinal cord injury
- Other comorbidities are consistent with the general geriatric population
- Timeline to completion: end of 2023
- Conclusion: The pharmacist intervention to assess and provide care for LUTS has led to small changes in patient-reported outcomes for LUTS symptoms and bother.

References

Duong E*, Al Hamarneh, YN, Tsuyuki RT, Wagg A, Hunter, KF, Schulz J, Spencer M, Sadowski CA. Case finding for urinary incontinence and falls in older adults at community pharmacies. *Canadian Pharmacists Journal / Revue Des Pharmaciens Du Canada* 2019;152(4):228-233. <https://doi.org/10.1177/1715163519852378>