

Uro-neurology MasterClass 2

Day 1 - Tuesday 3 December 2024

09:15 Registration & coffee

10:00 Welcome

Chair: Prof Jalesh Panicker, consultant neurologist in Uro-neurology at The National Hospital for Neurosurgery & Neurology (NHNN), professor in Uro-neurology and Clinical Neurology at University College London, Queen Square Institute of Neurology & Uro-neurology Academy academic director

10:15 Neural control of lower urinary tract functions in health and disease

- Neural control of the lower urinary tract control in health
- What is the basis for LUT dysfunction after neurological disease
- What are the different patterns of LUT dysfunction following neurological disease

11:15 Investigation of lower urinary tract symptoms in neurological patients

A case study for a spinal cord injury.

- Urinary assessment
- History taking, bladder diary
- Polypharmacy
- Impact on Mobility
- Role for urodynamics

12:30 Break out session - Faculty led practical demos (20mins)

- Bladder scanning

12:50 Lunch

13:30 Conservative management of lower urinary tract symptoms in neurological patients

A 45 year man with MS for 8 years who is recently separated from his wife and is currently distanced from his children reports urinary urgency, frequency and incontinence. He continues to report symptoms despite adopting conservative lifestyle changes.

- Medical adherence challenges
- Prevention, education and self-management (currently routine and lifestyle poorly impacting)
- Communication, goal setting and shared-decision making



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- Mental health, sexual dysfunction and other impacting factors
- Bladder retraining, timed voiding and managing fluid intake
- Use of continence appliances - pads, penile sheath, access, appropriate use, cost, and follow up (catheters will be discussed the following day)
- Embedding pelvic floor care in the management of neurological patients: Pelvic floor muscle training, exercise options like pilates, and neuromuscular electrical stimulation
- Investigations
- Managing bladder and bowel symptoms
- Tibial nerve stimulation

15:00 Break

15:30 Management of lower urinary tract symptoms in neurological patients
A 55 year old lady with Parkinson's Disease for 15 years reports urinary urgency, frequency and incontinence. She is a high level management consultant, and has anxiety over presentations related to her bladder problems, affecting her work.

- Introducing pharmacotherapy
- Anticholinergic bladder medications and risk of long term cognitive decline
- Beta-3-receptor agonists
- Desmopressin and oral agents
- Botulinum toxin for neurogenic detrusor overactivity

17:00 What next after Botulinum toxin? A short guide to surgery
What are the signs that Botulinum toxin is not supporting management

- Surgical approaches to management
- Introduction to different surgeries

17:30 Close day 1 sessions

19:15 Pre dinner drinks and dinner

21:30 Close

Day 2 - Wednesday 4 December 2024

08:00 Registration

08:30 Welcome and introduction to day 2

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- 08:35** **Managing lower urinary tract symptoms in neurological patients**
A 48 year lady with SPMS for 15 years reports urinary urgency, frequency and incontinence. Her post void residual urine is 250 ml.
- Intermittent catheterisation
 - Barriers to catheterisation in neurological patients
 - Alternatives to catheterisation
 - Indwelling catheter- urethral, SPC
- 09:35** **Spotlight on UTIs in neurological patients**
A 45 year man with Cerebral Palsy is experiencing urinary urgency and incontinence and is retaining urine. He has had 3 UTIs in the last 1 year which has led to hospitalisation
- Risk factors for UTIs in neuro patients
 - Assessment
 - Develop discharge plans, patient education, neurorehab where possible
 - Communication and collaboration across primary, community and secondary care
 - Risk assessment- identifying patients at risk
 - How to prevent UTI and readmission
- 10:35** **Break**
- 11:05** **Interface between bladder and bowel dysfunction in neurological patients**
A 68 year old woman with Parkinson's and mild dementia is experiencing significant abdominal bloating, nausea and symptoms so needs to revisit the toilet and incomplete emptying. She also reported an increase in urine infection episodes.
- Assessment of gut dysfunction in neuro patients
 - Neural control of gut functions in health and changes following neurological disease
 - Bladder symptoms and impact on bowel symptoms
 - Investigation and escalation of treatment options
 - Adherence to treatments, escalation of treatment for management of gut symptoms
- 12:20** **Break out session - Faculty led practical demos**
- Lubricants and vibrators
 - Catheters and Transanal irrigation
- 12:40** **Lunch**
- 13:25** **Integrating management of sexual dysfunction in the care of neurological patients**



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Approach and management of neurogenic sexual dysfunction

- Personal experience of sexual dysfunction post spinal cord injury
- Assessment of sexual dysfunction in neurological patients
- Sexual problems in men
- Treatment options

14:20 Comfort Break

14:25 Practical strategies for managing neurogenic sexual dysfunction

A 48 year old woman has had MS for 12 years, is married with two teenage children, is caring for an elderly relative and is perimenopausal. She is experiencing extreme vaginal dryness, reduced libido and increased fatigue.

- Assessment of sexual dysfunction in women
- Sexual problems in women
- Management options

15:15 Q&A - sexual dysfunction

15:30 How does the NHS transformation agenda address improvements to bladder and bowel services for people with a neurological disorder

- What are the challenges that the NHS face to achieve the transformation plan?
- What are our priorities within the NHS Transformation neurology agenda relating to the management of bladder and bowel dysfunction in neurological conditions?
- How do we communicate these priorities to initiate change and improve neurology services?

15:55 Roundtable: Delivering uro-genital and bowel care for neurological patients in the community

- What are the challenges experienced in delivering bladder and bowel care in the community
- How can we move services closer to home?
- How does the NHS transformation agenda facilitate community bladder and bowel care for neurological patients in light of these current challenges within these services?

16:30 Summary of meeting

16:45 Meeting close