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The use of simplified I-PSS questionnaire in family doctor practice

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Background & Aim: The most popular questionnaire for benign prostate hyperplasia symptoms evaluation is I-PSS. The aim of our survey was to evaluate the relevancy of simplified I-PSS questionnaire, age influence for urinal dysfunction and quality of life due to urinary symptoms.

Method: A prospective, limited time, cohort study was enrolled in 2015. 375 men who had participated in prostate cancer prevention program (50-75 years old) were asked to fill in a questionnaire. We simplified the I-PSS questionnaire's scale to 0- never, 1,2,3 - sometimes, 4,5 - often for urinary symptoms and quality of life was described as normal, fair or bad. Calculations were made by SPSS 20.

Results: The mean age was 59 years. The Cronbach's alpha for the modified I-PSS questionnaire was $\alpha=0.861$. The correlation was found between all the questions and age: for the first question $p=0,001$, second $p=0.007$, third $p=0.001$, fourth $p=0.028$, fifth $p=0.001$, sixth $p=0.002$ and seventh $p=0.001$. Older participants had more severe urinal disorder than younger participants. for 62.4% of respondents quality of life due to urinary symptoms was good, for 34.4% - fair and 3.2% - bad.

Conclusions: Our simplified questionnaire is suitable for basic urinal dysfunction evaluations in daily family doctor practice and understandable for the patient. The correlation was found between age and prostate hyperplasia symptoms. for the most urinal function had no influence for quality of life and for about the third of men it was fair.