

PS1.261

Quality-of-life assessment in patients with benign prostatic hyperplasia

Kosana Stanetic(1), B Djajic(2), O Siljegovic(3)

(1) Primary Health Centre Banja Luka, Medical Faculty, University of Banja Luka, Bosnia and Herzegovina

(2) Primary Health Centre Gradiska, Bosnia and Herzegovina

(3) Primary Health Centre Doboje, Bosnia and Herzegovina

Corresponding author: Dr Kosana Stanetic, Primary Health Center Banja Luka, Family Medicine, Banja Luka, Bosnia and Herzegovina. E-mail: stanetic.kosana@gmail.com

Background & Aim: Benign prostatic hyperplasia (BPH) is a common condition in men. The number of affected increases with age and is the most common in men over age 65. The impact of BPH on quality of life in patients is significant due to the disease symptoms (frequent urination, difficulty urinating, frequent urination at night, etc.). We aimed to assess the quality of life in patients with benign prostatic hyperplasia (BPH) in relation to patient age, duration of illness, the presence of comorbid illness and the number of prescribed medications.

Methods: This study was a prospective descriptive exploratory study conducted among patients of the six family medicine teams of the ECPM Polyclinic, Primary Health Centre Banja Luka. The study was carried out from January to May 2015. The International Prostate Symptom Score (IPSS) and questionnaire developed for this study were used. The study was carried out on the basis of analysis of the data extracted from patients' medical records and examinees-centred interviewing.

Results: The study included 110 male patients, age range 45 to 87 years. The vast majority of examinees reported moderate symptoms and partial satisfaction with the quality of life. BHP was usually diagnosed by urologist and most patients were treated with Alpha 1 receptor blockers. There was no significant correlation between patient age, duration of illness, the presence of comorbid illness and continued treatment and the quality of life in examinees, but a statistically significant correlation ($p = 0.00$) between disease severity and quality of life in examinees was found.

Conclusion: The urinary symptoms associated with BHP significantly affect the quality of life in elderly patients. Adequate treatment and changing of basic lifestyle habits could be the proper approach directed towards reduction of symptoms, prevention of complications and improvement of the quality of life in patients with BPH.