

Consensus Recommendations for the Non-Surgical Management of Idiopathic Urinary Retention



CIUR - to whom do you refer?



What do we know so far?



Preparation H^{*}
Ointment

THREE WAY ACTION
3

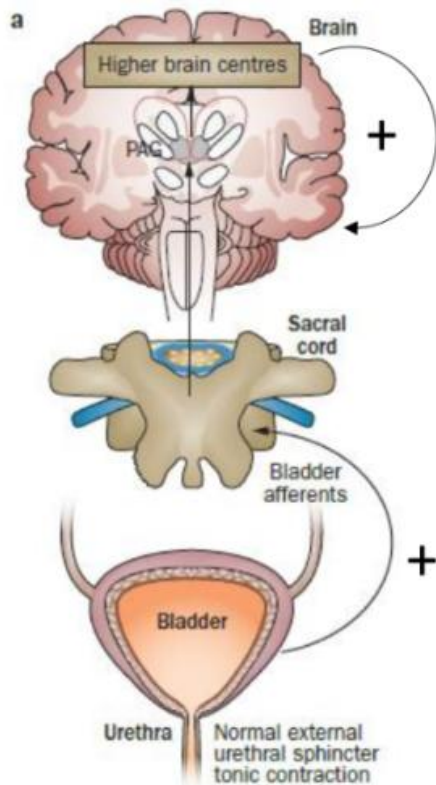
- *Soothes itching*
- *Reduces painful swelling*
- *Quickly absorbed for fast relief*

Effective relief from sore skin associated with piles

Contains natural ingredients to encourage skin repair



What we're dealing with



b

Medications- opiates, tricyclics, benzodiazepines, pregabalin

Fear and Dissociation

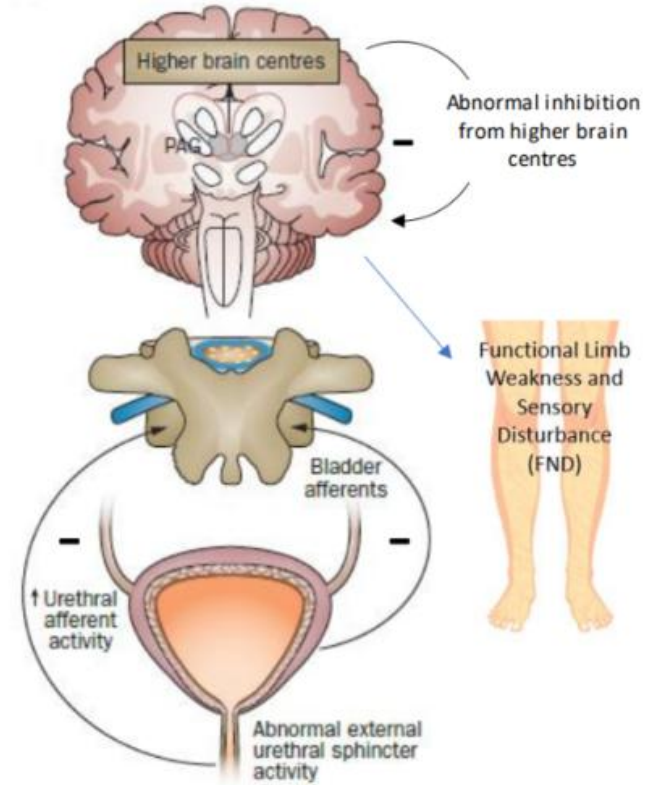
Pain

Vulnerability to Functional Disorders

Medications like opiates, tricyclics, benzodiazepines, pregabalin

Underlying bladder dysfunction

Pain and fear



Diagnosis



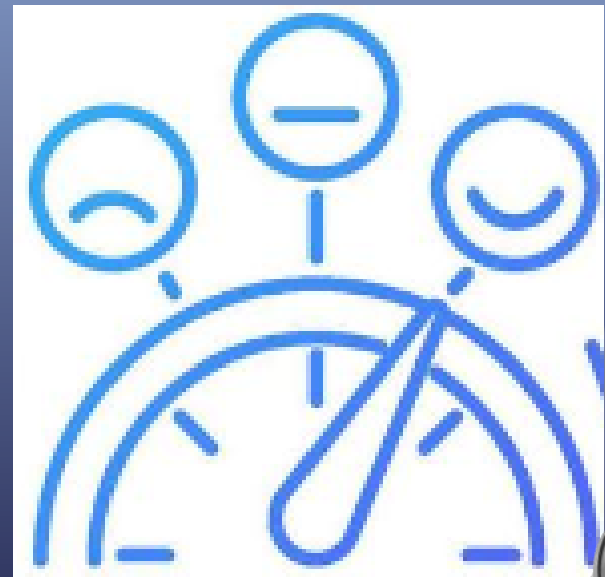
Management - How Do We Achieve it?



Management - What are we trying to achieve ?



VS



Pathway

Retention
Acute presentation

Lower Urinary Tract Symptoms
Primary care referral

Urology
Identifies Chronicity

CIUR diagnosed

Physio

Pain Specialist

Psychology

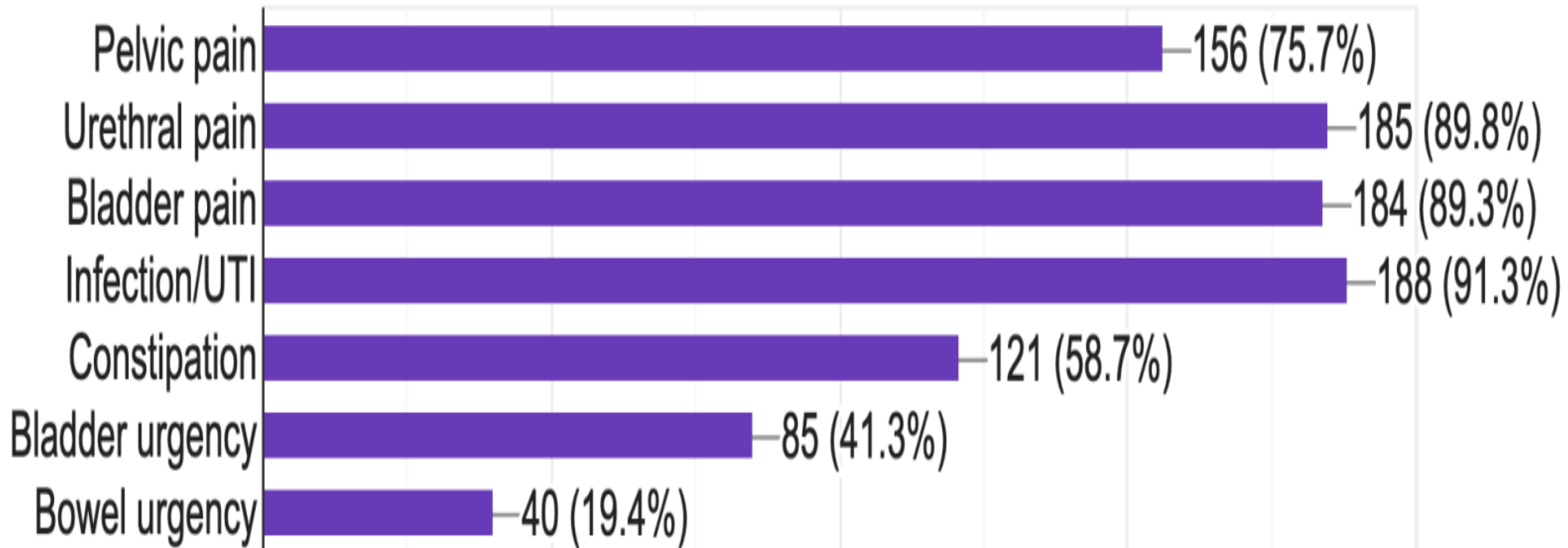
Neurology

Subspecialist Urology

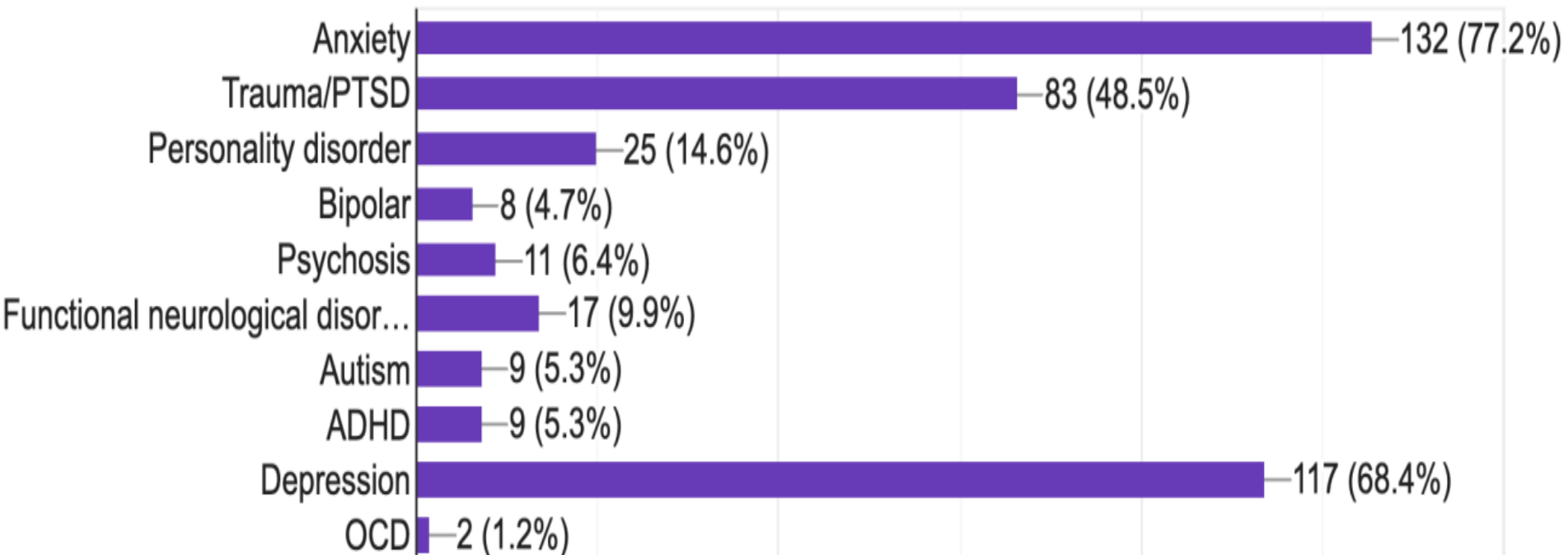
Occupational Therapy



Additional Symptoms (n=206)

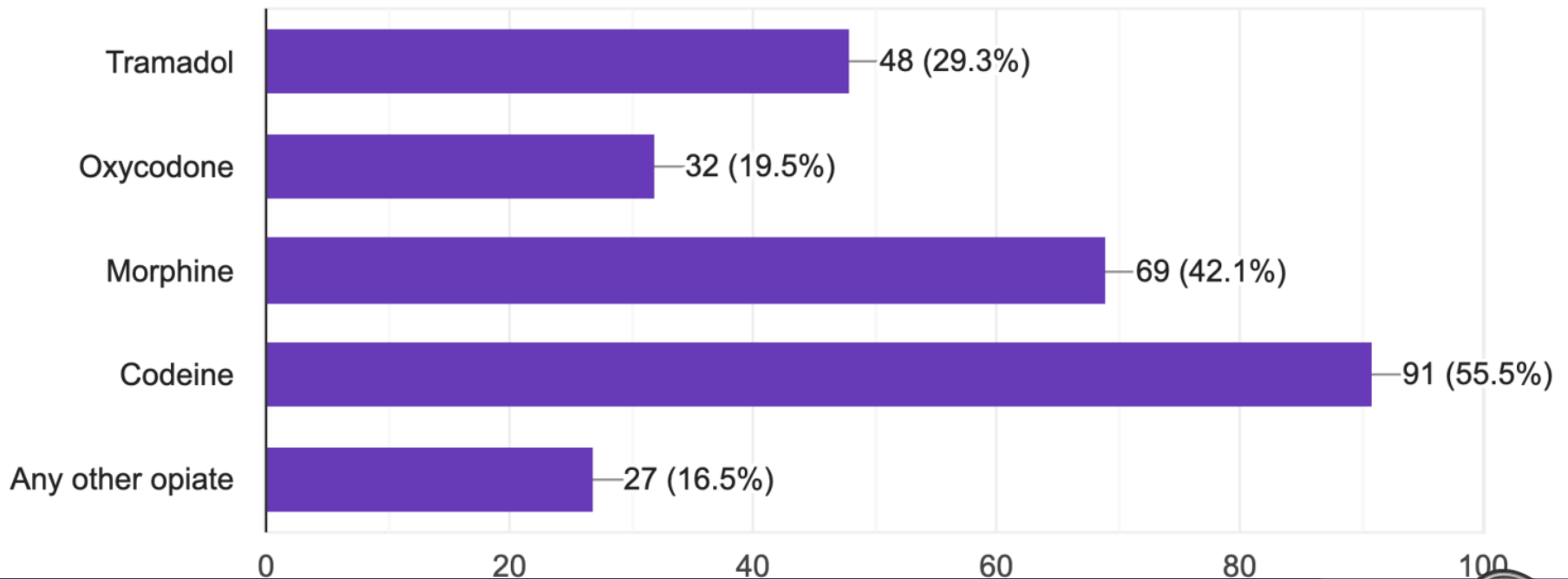


Related Diagnoses (n=206)



Analgesic Use (n=206)

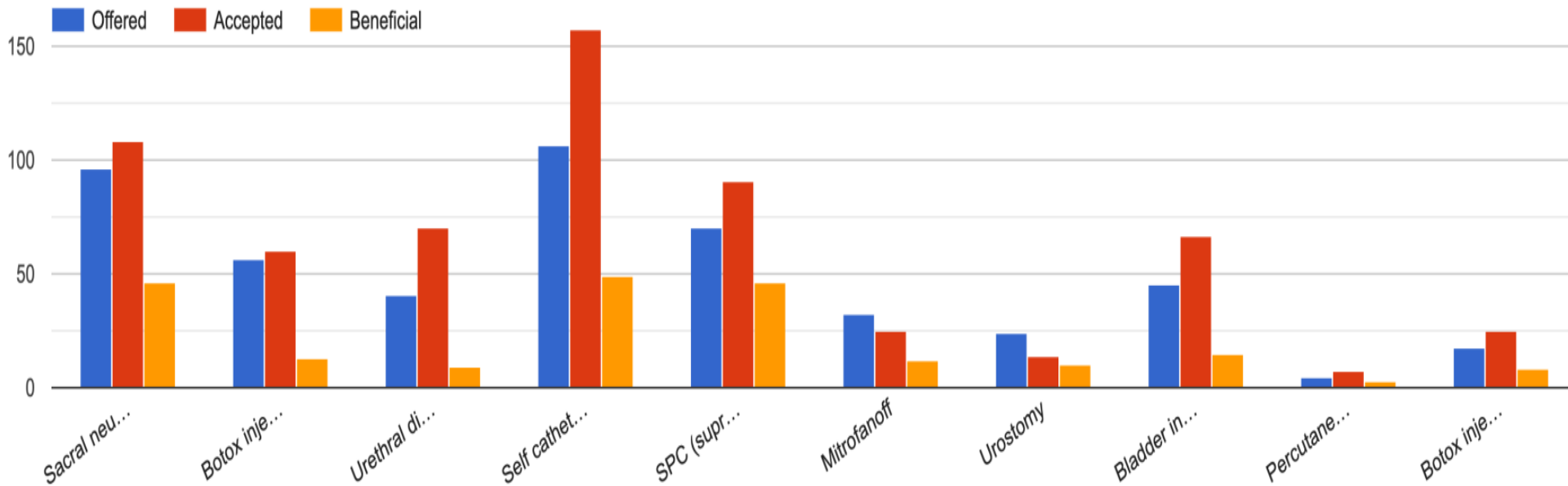
86.8% Used analgesia, 58.6% use antidepressants



FOWLS
SYNDROME



Treatments (n=206)



Non- Surgical Treatments Where to Start?



Step 1 - standard physiotherapy

*Any physiotherapist
could provide this
with the appropriate
training.*

*Core physiotherapy
skills*

Movement retraining

Education



Step 2 - specialist physiotherapist

More training required, might be suited to different physiotherapy specialities eg pelvic health, neuro - FND, pain management & cross over with other members of MDT

Psychologically
informed
Physiotherapy

Pain
management

Education
about
FND/Psychoeducation

Mindfulness



Step 3 - highly specialised pelvic health physiotherapy

*Best delivered by
pelvic health
Physiotherapists
Pelvic floor
physiotherapy*

Pelvic Physio

Biofeedback

Queen Square

Bowel and
bladder
training

Trans Tibial
Nerve
Stimulator
(TTNS)

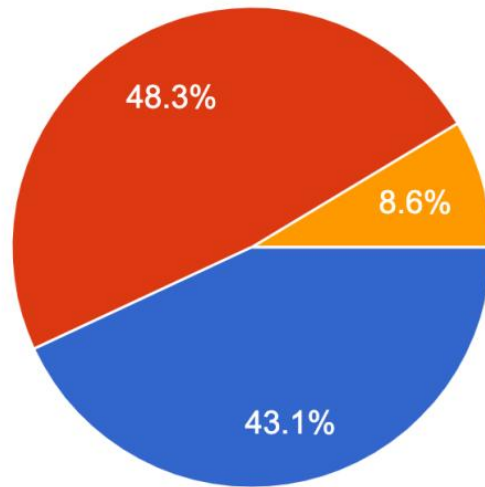
bladder
stimulator
(handheld vibrating
device used to
initiate urination)

Manual
therapy



Did you feel listened to and heard by medical professionals during your journey to diagnosis?

209 responses



- I did not feel listened to at all
- I felt moderately listened to
- I felt extremely listened to and validated

Thanks to.....

