

Transcutaneous Tibial Nerve Stimulation In Overactive Bladder Symptoms

Objective

To evaluate the effectiveness of transcutaneous tibial nerve stimulation (TTNS) compared to percutaneous tibial nerve stimulation (PTNS) in sustaining symptom improvement over a six-month period in women with idiopathic Overactive Bladder (OAB) who had responded to an initial 12-week course of PTNS.

Results

The study concluded that TTNS is effective in the maintenance of symptom improvement in women with OAB who had positively responded to a course of 12 weekly PTNS sessions.

Participants and Researchers

In a single-blind, randomized controlled trial, 24 women diagnosed with idiopathic OAB successfully treated with PTNS were included in this study. Participants were assessed at six weeks, three months and six months after completing the initial course of PTNS.

The study was carried out by Miguel Martin-Garcia, Physiotherapy Department, Liverpool Women's NHS Trust, and Jennifer Crampton, Department of Health Professions, Manchester Metropolitan University.

Methods

Twelve subjects were allocated to receive monthly sessions of PTNS for six months, and 12 subjects followed a flexible home-based TTNS regime after instruction on the use of a TENS electrical stimulation device, (NeuroTrac Pelvitone, Verity Medical) for the same follow-up time. Primary outcomes were changes from baseline in urinary frequency, number of episodes of urgency and number of episodes of urge urinary incontinence (UUI).

The abstract for this study can be found at
<https://doi.org/10.1016/j.physio.2018.12.002>