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A Pilot Experience Sharing of Transurethral Water Vapor Therapy (REZUM) for Benign Prostatic Hyperplasia (BPH) in a Day Procedure Setting in Hong Kong

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Objective:

To share our experience of Rezum in a day procedure setting, and its impact on reducing BPH treatment waiting time and promoting same day discharge.

1 PRE-OP NURSE CLINIC



2 REZUM PROCEDURE AT DAY SURGERY UNIT (DSU) IN AHNH



3 VOIDING TRIAL (TWOC)



4 1 YEAR FOLLOW UP



Patients and Methods:

106 patients in the NTEC cluster with BPH (with LUTS, history of retention, or refractory retention on catheter) were recruited starting from November 2022.

Target patients referred from urologists first attended nurse-led clinics for pre-op assessments.

Subsequently, Rezum was provided at the Day Surgery Unit (DSU) AHNH. Our nursing team was in charge of monitoring patients' conditions in collaboration with urologists.

After the voiding trial (TWOC) led by nurses, patients were followed up for 1 year by telephone, post-operative nurse clinic and urologist consultation.

Parameters including IPSS and QOL were used to measure treatment outcomes. Complication and 30-day readmission rates were also recorded.

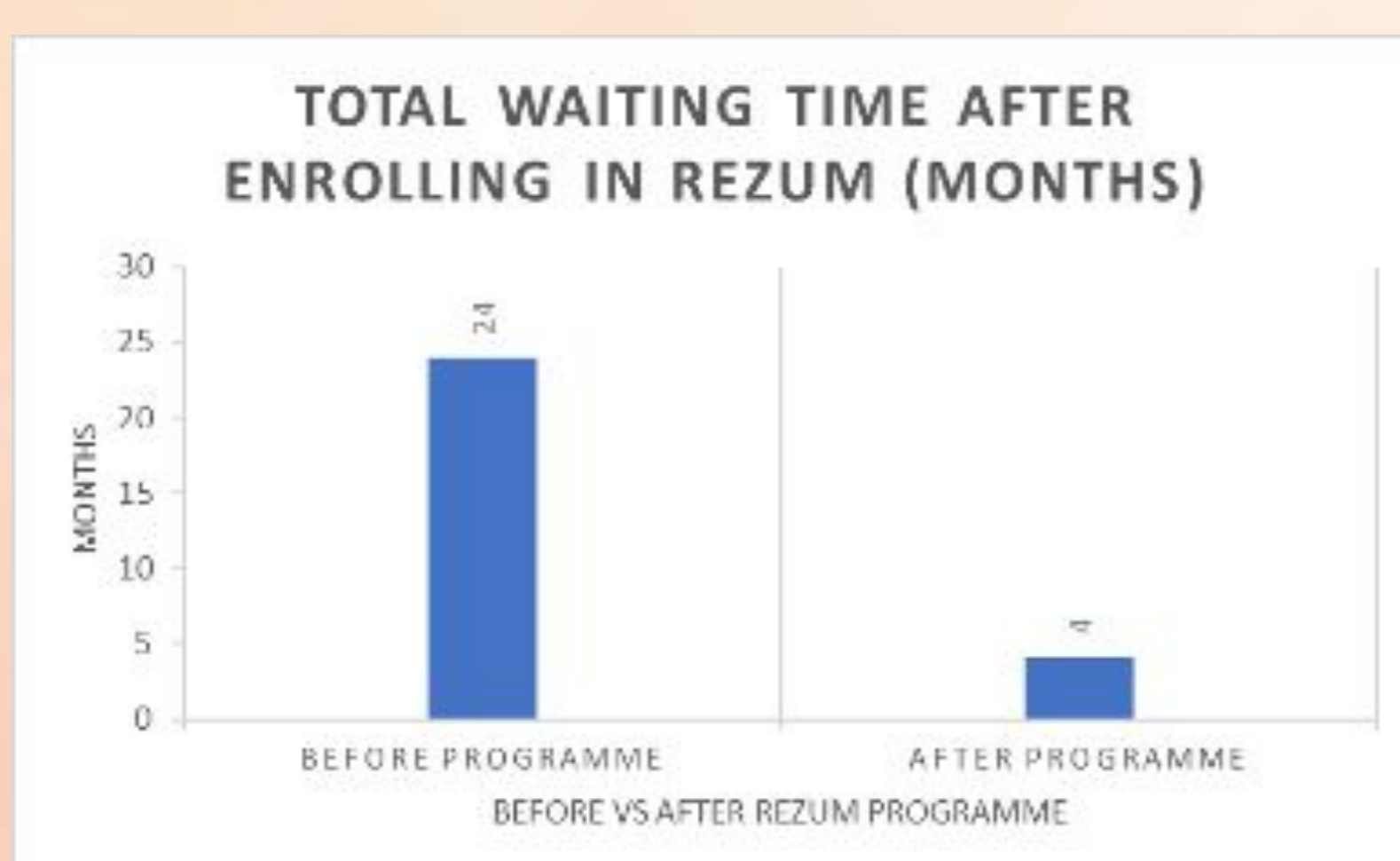
Results:

Our experience demonstrated a drastic drop in patients' waiting time from 24 to 4 months with significant improvement of IPSS and QOLs.

- 0% with post-op complications (including prostate/bladder perforation, re-hemostasis in OT, sepsis, ICU admission, 30-day mortality)
- All 106 patients were discharged same day, relieving OT and inpatient occupancy pressure.
- 30-day readmission rate 10.4% (11/106):
 - AROU (3), hematuria (3), UTI (3), foley blockage D4 (1), post obstructive diuresis (1)

Conclusion:

Rezum enhances outcomes on both patient and institutional levels. Running Rezum as a nurse led day procedure is feasible and effective as a minimally invasive alternative with promising outcomes for BPH patients.



IMPROVEMENT OF IPSS AND QOL

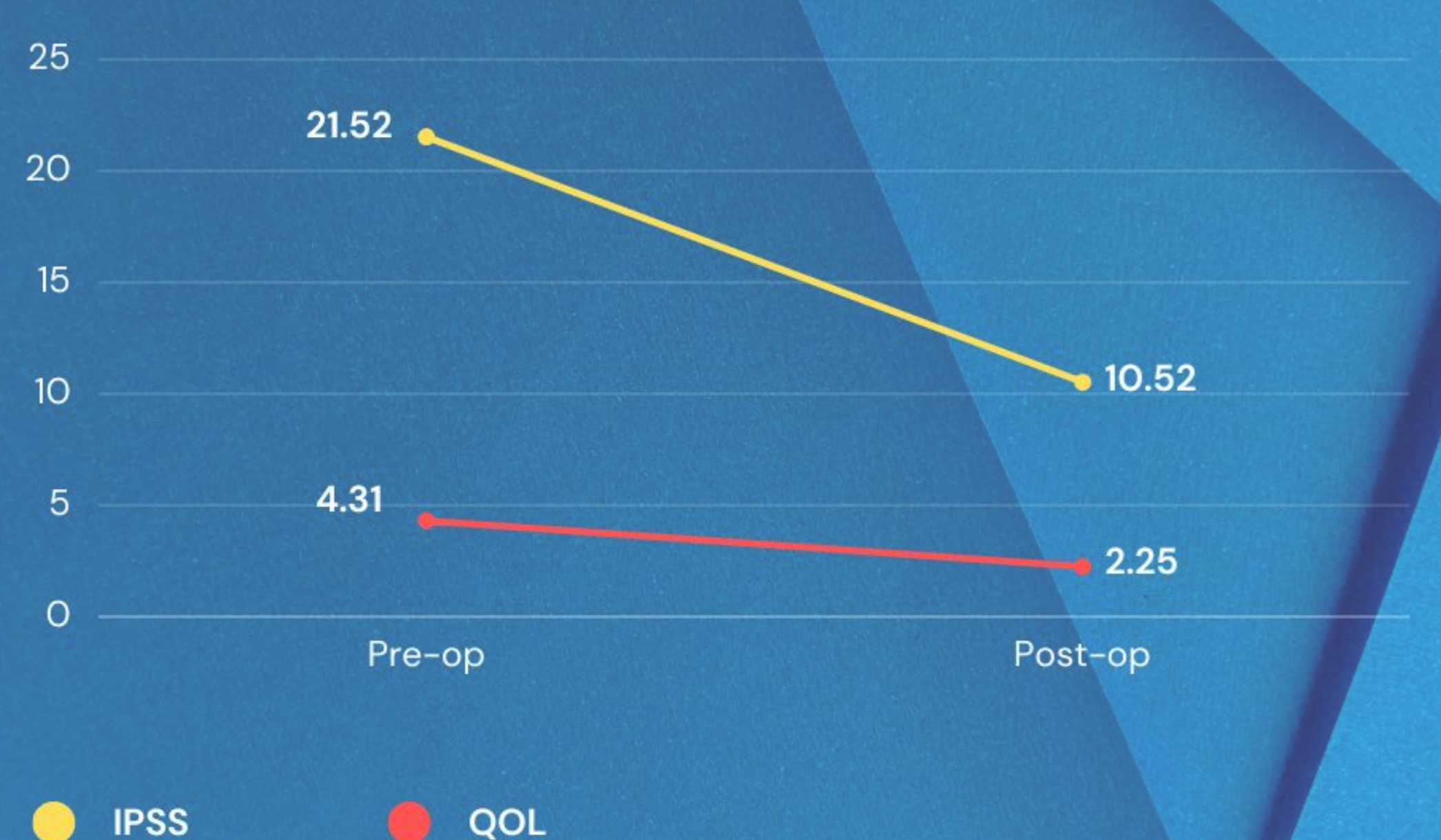


Table 1 : pre-op vs post-op IPSS & QoL score

	Pre op	Post op
IPSS	21.52 (19-27)	10.52 (5-15)
QOL	4.31 (4-5)	2.25 (2-3)

*Average (Interquartile range)