



Uro-neurology MasterClass 3

24-25 September 2026 - Halifax Hall, Sheffield University Campus

Day 1 - Thursday, 24th September 2026

08:45 Registration & coffee

09:15 Welcome

Chair: Prof Jalesh Panicker, consultant neurologist in uro-neurology, The National Hospital for Neurosurgery & Neurology (NHNN), professor in uro-neurology and clinical neurology, University College London Hospitals NHS Foundation Trust and Uro-neurology Academy academic director

09:30 Neural control of lower urinary tract functions in health and disease

Prof Jalesh Panicker & Mr Altaf Mangera, consultant urologist with a specialist interest in neuro-urology, Sheffield Teaching Hospitals NHS Foundation Trust

- Neural control of the lower urinary tract control in health
- What is the basis for LUT dysfunction after neurological disease
- What are the different patterns of LUT dysfunction following neurological disease

10:30 Coffee

10:45 Investigation of lower urinary tract symptoms in neurological patients

Ms Sheilagh Reid, consultant urological surgeon & Liam Rice, MS specialist nurse, Sheffield Teaching Hospitals NHS Foundation Trust

42 year female with MS for 12 years and mobilises with two walking sticks reports urinary urgency incontinence, increased urinary daytime and nighttime urinary frequency, urinary hesitancy and a sensation of incomplete bladder emptying for 9 years duration.

- Urinary assessment
- History taking, bladder diary
- Polypharmacy
- Impact on mobility
- Role for urodynamics



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11:45 Conservative management of lower urinary tract symptoms in neurological patients

Shobha Nair, clinical nurse specialist in uro-neurology, University College London Hospitals NHS Foundation Trust & Natalia Vasquez, clinical lead pelvic health physiotherapy clinic for patients with spinal cord injury, London

A 45 year man with MS for 8 years who is recently separated from his wife and is currently distanced from his children reports urinary urgency, frequency and incontinence. He continues to report symptoms despite adopting conservative lifestyle changes.

- Medical adherence challenges
- Prevention, education and self-management (currently routine and lifestyle poorly impacting)
- Communication, goal setting and shared-decision making
- Mental health, sexual dysfunction and other impacting factors
- Bladder retraining, timed voiding and managing fluid intake
- Use of continence appliances - pads, penile sheath, access, appropriate use, cost, and follow up (catheters will be discussed the following day)
- Embedding pelvic floor care in the management of neurological patients: Pelvic floor muscle training, exercise options like pilates, and neuromuscular electrical stimulation
- Investigations
- Managing bladder and bowel symptoms
- Tibial nerve stimulation

13:15 Lunch

14:15 Management of lower urinary tract symptoms in neurological patients

Alison Downey, consultant urologist, Mid Yorkshire Teaching NHS Trust & Sarah Mitchell-Gears, principle pharmacist in older people's mental health, Bradford District Care NHS Foundation Trust

A 55 year old lady with Parkinson's disease for 15 years reports urinary urgency, frequency and incontinence. She is a high level management consultant, and has anxiety over presentations related to her bladder problems, affecting her work.



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- Introducing pharmacotherapy
- Anticholinergic bladder medications and risk of long term cognitive decline
- Beta-3-receptor agonists
- Desmopressin and oral agents
- Botulinum toxin for neurogenic detrusor overactivity

15:45 What next after botulinum toxin? A short guide to surgery

Alison Downey

What are the signs that botulinum toxin is not supporting management

- Surgical approaches to management
- Introduction to different surgeries

16:15 Break

16:45 Spotlight on UTIs in neurological patients

Mehwash Nadeem, consultant urological surgeon, South Tees Hospitals NHS Foundation Trust, Rohma Ghani, infectious diseases and microbiology consultant, University College London Hospitals NHS Trust & Ann Yates, independent advisor

A 45 year man with cerebral palsy is experiencing urinary urgency and incontinence and is retaining urine. He has had 3 UTIs in the last year, which has led to hospitalisation.

- Risk factors for UTIs in neuro patients – UTI risk factors model
- Assessment
- Develop discharge plans, patient education, neurorehab where possible
- Communication and collaboration across primary, community and secondary care
- Risk assessment – identifying patients at risk
- How to prevent UTI and readmission

17:45 Case discussion

Moderator: Sheilagh Reid

Panelists: Mehwash Nadeem, Rohma Ghani, Alison Downey, Shobha Nair & Natalia Vasquez

A 30-year-old man with a complete spinal cord injury at the T3 level presents with urinary incontinence and is retaining urine. He has recurrent UTIs and autonomic dysreflexia.



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18:30 Close of day 1

19:00 Pre-dinner drinks

19:30 Dinner

21:30 Close

Day 2 - Friday, 25th September 2026

07:30 Registration

08:00 Welcome and introduction to day 2

Prof Jalesh Panicker

08:05 A neurologist's perspective on urinary problems in neurological patients

Prof Sivaraman Nair, consultant neurologist, Sheffield Teaching Hospitals NHS Foundation Trust

08:35 Managing lower urinary tract symptoms in neurological patients

Shobha Nair & Ann Yates

A 48 year lady with SPMS for 15 years reports urinary urgency, frequency and incontinence. Her post void residual urine is 250 ml.

- Intermittent catheterisation
- Barriers to catheterisation in neurological patients
- Alternatives to catheterisation
- Indwelling catheter - urethral, SPC

09:35 Interface between bladder and bowel dysfunction in neurological patients

Natalia Zarate-Lopez, neuro-gastroenterologist, University College London Hospitals NHS Foundation Trust & Rebecca Davey, colorectal clinical nurse specialist, Coloplast Ltd



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A 48 year old woman with multiple sclerosis is experiencing significant abdominal bloating, nausea and symptoms so needs to revisit the toilet and incomplete emptying. She also reported an increase in urine infection episodes.

- Assessment of gut dysfunction in neuro patients
- Neural control of gut functions in health and changes following neurological disease
- Bladder symptoms and impact on bowel symptoms
- Investigation and escalation of treatment options
- Adherence to treatments, escalation of treatment for management of gut symptoms

10:50 Break & final check out

11:10 Break out sessions - faculty led practical demos

- Bladder scanning & conservative management - Collette Haslam, clinical nurse specialist in uro-neurology, The National Hospital for Neurology and Neurosurgery & Shobha Nair
- Catheters and transanal irrigation - Rebecca Davey & Ann Yates

12:00 Case discussion

Moderator: Jalesh Panicker

Collette Haslam, Rebecca Davey, Mr Altaf Mangera, Natalia Zarate-Lopez

A 65 year old male with Parkinson's disease is reporting nocturia, urinary symptoms and constipation.

12:30 How does the NHS transformation agenda address improvements to bladder and bowel services for people with a neurological disorder

Sue Thomas, independent healthcare consultant & PPV member, NHSE neurology transformation CRG

- What are the challenges that the NHS face to achieve the transformation plan?
- What are our priorities within the NHS transformation neurology agenda relating to the management of bladder and bowel dysfunction in neurological conditions?
- How do we communicate these priorities to initiate change and improve neurology services?
- How does the NHS transformation agenda facilitate community bladder and bowel care for neurological patients in light of these current challenges within these services?
- What are the challenges experienced in delivering bladder and bowel care in the community?
- How can we move services closer to home?

13:00 Q&A

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Chair: Ann Yates

Panel: Sue Thomas, Mr Altaf Mangera, Shobha Nair & Natalia Zarate-Lopez

13:15 Lunch

14:15 Integrating management of sexual dysfunction in the care of neurological patients

Mr Altaf Mangera

- Assessment of sexual dysfunction in neurological patients
- Management of neurogenic sexual dysfunction
- Treatment options

14:40 Practical strategies for managing neurogenic sexual dysfunction

Collette Haslam

A 48 year old woman has had MS for 12 years, is married with two teenage children, is caring for an elderly relative and is perimenopausal. She is experiencing extreme vaginal dryness, reduced libido and increased fatigue.

- Assessment of sexual dysfunction in women
- Sexual problems in women
- Management options
- Lubricants and vibrators demonstration

15:25 Q&A - sexual dysfunction

Mr Altaf Mangera & Collette Haslam

15:45 Summary of meeting

Prof Jalesh Panicker

16:00 Meeting close