



**4th & 5th March 2025**

Halifax Hall, Sheffield University Campus

## **Uro-neurology MasterClass 2**

### **Day 1 - Tuesday 4th March 2025**

**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**

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

#### **A case study for a spinal cord injury**

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



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**12:00 Break out session - Faculty led practical demos**

- **Bladder scanning** - Liam Rice & Collette Haslam, clinical nurse specialist in uro-neurology, University College London Hospitals NHS Foundation Trust
- **Catheters and transanal irrigation** - Concetta Brugaletta, gastroenterology clinical nurse specialist, University College London Hospitals NHS Foundation Trust & Ann Yates, director of continence services & advanced nurse practitioner, Cardiff and Vale University Health Board

**12:45 Lunch**

**13:45 Conservative management of lower urinary tract symptoms in neurological patients**

Collette Haslam, Liam Rice & 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

**15:15 Break**

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**15:45      Management of lower urinary tract symptoms in neurological patients**

Mr Ian Beckley, consultant urological surgeon, Mid Yorkshire Hospitals NHS Trust & Viv Horton, highly advanced pharmacist neurology, South Tees Hospitals 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.**

- 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

**17:00      What next after botulinum toxin? A short guide to surgery**

Ms Sheilagh Reid

**What are the signs that botulinum toxin is not supporting management**

- Surgical approaches to management
- Introduction to different surgeries

**17:30      The value of community and collaboration in uro-neurology: avoiding sliding doors**

Michelle Hogan-Tricks, neurogenic clinical lead, Coloplast & Ruth Stross, head of nursing, Neurology Academy and neurology specialist nurse, Kingston Hospital NHS Foundation Trust

**17:45      Close day 1 sessions**

**19:00      Pre-dinner drinks**

**19:30      Dinner**

**21:30      Close**

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## **Day 2 - Wednesday 5th March 2025**

**07:30 Registration**

**08:00 Welcome and introduction to day 2**

Ruth Stross

**08:05 Managing lower urinary tract symptoms in neurological patients**

Joan Bradley, lead MS and rehabilitation specialist nurse, Hillingdon Hospitals NHS Trust  
& 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
- Use of anti-musclarinics

**09:05 Spotlight on UTIs in neurological patients**

Mr Nicholas Boxall, consultant urological surgeon and spinal injuries urologist, Sheffield Teaching Hospitals NHS Foundation Trust & Ann Yates

**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 1 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

**10:05 Break**



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**10:35      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?

**11:05      Q&A**

Chair: Ruth Stross

Panel: Sue Thomas, Ann Yates, Mr Nicholas Boxall & Prof Sivaraman Nair

**11:20      Interface between bladder and bowel dysfunction in neurological patients**

Prof Anton Emmanuel, neuro-gastroenterologist, National Hospital for Neurology and Neurosurgery & Concetta Brugaletta

**A 68 year old woman with Parkinson's and mild dementia 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

**12:50      Lunch**

**Integrating management of sexual dysfunction in the care of neurological patients**

**13:50      Sexual dysfunction in neurological patients**

Mr Altaf Mangera

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

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- Treatment options

**14:25 Practical strategies for managing neurogenic sexual dysfunction**

Collette Haslam & Dearbhla Dempsey, senior occupational therapist, Limerick, Ireland

**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

**15:10 Personal experience**

Kevan Baker, personal perspective & Mr Altaf Mangera

**15:40 Q&A - sexual dysfunction**

Kevan Baker, Mr Altaf Mangera, Collette Haslam & Dearbhla Dempsey

**16:00 Summary of meeting**

Prof Jalesh Panicker

**16:15 Meeting close**