



5th & 6th Dec 2023

Halifax Hall, Sheffield University Campus

Uro-neurology MasterClass

Day 1- Tuesday, 5 December 2023

12:00 Registration & networking lunch

12:30 Welcome and scene setting

Chair: Prof Jalesh Panicker, consultant neurologist in Uro-neurology at The National Hospital for Neurosurgery & Neurology (NHNN), professor in Uro-neurology and Clinical Neurology at University College London, Queen Square Institute of Neurology & Uro-neurology Academy academic director

Neural control of lower urinary tract functions in health and disease

- 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

13:15 Investigation of lower urinary tract symptoms in neurological patients

Prof Sivaraman Nair, consultant neurologist, Sheffield Teaching Hospitals NHS Foundation Trust & Noreen Barker, MS consultant nurse, The National Hospital for Neurosurgery & Neurology

A 22 year old man newly diagnosed with MS, final year at university, who has been experiencing urinary symptoms for some time pre-diagnosis.

- Urinary assessment
- History taking, bladder diary
- Polypharmacy
- Impact on Mobility
- Role for urodynamics
- Red flags for referral to urology

14:30 Break

**15:00 Treatment of lower urinary tract symptoms in neurological patients
Conservative management of lower urinary tract symptoms in neurological patients**

Collette Haslam, clinical nurse specialist in uro-neurology, University College London Hospitals NHS Foundation Trust, Liam Rice, MS specialist nurse, Sheffield Teaching 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

16.30 Comfort break



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16:35 Management of lower urinary tract symptoms in neurological patients

Ian Beckley, consultant urological surgeon, mid Yorkshire hospitals NHS Trust & Liam Rice

A 35 year old lady with MS for 5 years reports urinary urgency, frequency and incontinence. She has had three children, 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

17:30 Summary of day 1

Prof Jalesh Panicker

17:45 Close day 1 sessions

19.15 Pre dinner drinks and Dinner

21:30 Close

Day 2 - Wednesday, 6 December 2023

08.30 Welcome and introduction to day 2

Prof Jalesh Panicker

08:35 Managing lower urinary tract symptoms in neurological patients

Joan Bradley, lead MS and rehabilitation specialist nurse, Hillingdon Hospitals NHS Trust & Tréa Baker, lead urology and continence nurse, Royal Hospital for Neuro-disability, Roehampton

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 Spotlight on UTIs in neurological patients

Ms Sheilagh Reid, consultant urological surgeon, Sheffield Hallamshire Hospital & Ann Yates, director of continence services & advanced nurse practitioner, Cardiff & Vale University Health Board

A 45 year man with SPMS 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
- 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

10.35 Break

11:05 What next after Botox? A short guide to surgery

Ms Sheilagh Reid

What are the signs that Botox is not supporting management

- Surgical approaches to management
- Introduction to different surgeries

11:35 Interface between bladder and bowel dysfunction in neurological patients

Professor Anton Emmanuel, neuro-gastroenterologist & Concetta Brugaletta, gastroenterology nurse consultant, University College London Hospitals NHS Foundation Trust

A 70 year old man with dementia is experiencing significant abdominal bloating, constipation and problems with defecation and his family are struggling with his challenges and how it affects his behaviour.

- Assessment of lower bowel dysfunction in neuro patients
- Neural control of bowel functions in health and changes following neurological disease- 30 minutes
- Support to carers and practical management techniques (bubbles, putty, etc)
- Treatment options and rationale
- Shared management: Developing a care pathway for bowel and bladder management

12:50 Lunch

13:50 How does the NHS transformation agenda address improvements to bladder and Bowel services for people with a neurological disorder

Sue Thomas, independent healthcare consultant

- 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?

14:15 QIP ideas for small service improvement

Prof Jalesh Panicker & Sue Thomas

- Facilitated discussion around ideas for service improvements

14:30 Patient experience

Kevan Baker

- personal experience of sexual dysfunction post spinal cord injury

15:00 Integrating management of sexual dysfunction in the care of neurological patients

Mr Altaf Mangera, consultant urologist with a specialist interest in neuro-urology, Sheffield Teaching Hospitals NHS Foundation Trust, Collette Haslam & Dearbhla Dempsey, senior occupational therapist, Oxford

A 38 year old man with Friedeirich's ataxia is experiencing significant problems with erectile dysfunction.

- Assessment of sexual dysfunction in neurological patients
- Sexual problems in men
- Treatment options

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

16:30 Summary of meeting

Prof Jalesh Panicker

16:45 Meeting close