MP29-12: Impact Of A Men’s Health Clinic On Erectile Function Following Radical Prostatectomy

Elizabeth I. Roger, MD1,2; M. Francesca Monn, MD1; P. Walker Prillaman1; Jessica M. DeLong, MD1; Ramón Virasoro, MD; Kurt A. McCammon, MD1

1Department of Urology, Eastern Virginia Medical School, Norfolk, Virginia. 2Department of Urology, Naval Medical Center Portsmouth, Virginia
A post-prostatectomy men's health clinic (MHC) was started in 2010 at our institution to improve quality of life (QOL).

We evaluated the impact of a MHC on the treatment choices for erectile dysfunction (ED) and the effect on QOL.

We hypothesized that men attending the MHC would have better access to comprehensive care and thus earlier return of sexual function.

A retrospective cohort study of a prospectively collected QOL database was conducted.

 Patients underwent radical prostatectomy between April 2010 and Oct 2014.

 Men who did not fill out the sexual domain of the EPIC questionnaire were excluded.

 The primary quality outcomes of interest were ability to function sexually and quality of erections.

 Descriptive statistics were performed with Fisher's exact test and Student's t-test. A Kaplan Meier plot and logrank test were used to evaluate time to erectile function.
RESULTS

- 418 men were included in the study with mean (SD) age 60.3 (6.8) years and mean (SD) BMI of 28.3 (3.8) Table 1.
- Median (IQR) follow-up was 60 (31.5-78.5) months.
- 362 (87.4%) underwent unilateral or bilateral nerve sparing surgery.
- 174 (41.6%) patients achieved erections adequate for masturbation or intercourse at median (IQR) time from surgery of 12 (6-24) months.
- A Kaplan Meier demonstrates comparison of time to adequate erections between patients who attended MHC and not (logrank p=0.003) Figure 2.
- 418 men were included in the study who attended MHC (87.4%) and 259 (52.6%) did not. 159 (38.0%) men attended a MHC.
- The average (SD) number of erectile aids offered to patients attending the MHC was 2.8 (1.1) compared with 2.2 (1.4) for patients who did not attend (p<0.001).
- Patients attending the MHC were more likely to be offered daily tadalafil, VED, and ICI within 6 months (p<0.05) Table 1.
- Attendance in a MHC should be advocated for men wishing to pursue erectile function following radical prostatectomy.

DISCUSSION

- Men attending a post-prostatectomy specific MHC are offered more options for managing ED and have increased and more rapid return of erectile function.
- A MHC can offer in-depth counselling on ED and QOL related concerns as well as the ability to facilitate progress through these treatments with multidisciplinary support.
- Attendance in a MHC should be advocated for men wishing to pursue erectile function following radical prostatectomy.

REFERENCES