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A National Survey of Lower Urinary Tract Symptoms in Jordan (LUTS-JO)

**Fadi Sawaqed^{1*}, Ibrahim Kharboush^{2,3}, Mohammed Suoub⁴, Ismail Albadawi⁵,
Mohammad Alhawatmeh⁵, Abdallah Murad⁵**

¹Associate Professor, Section of Urology, Department of Special Surgery, Faculty of Medicine, Mu'tah University, Karak, Jordan.

²Professor, Department of Public health, Faculty of Medicine Mu'tah University, Karak, Jordan.

³High Institute of Public Health, Alexandria University, Egypt

⁴Professor of Urology, Section of Urology, Department of Special Surgery, Faculty of Medicine, Mut'ah University, Karak, Jordan.

⁵Medical student, Faculty of Medicine, Mu'tah University,

Abstract

Background: Lower Urinary Tract Symptoms (LUTS) is a term that covers symptoms resulting from conditions and diseases affecting the bladder and the urethral sphincter, i.e., storage symptoms, voiding symptoms, and post micturition symptoms.

Aim: To determine the prevalence of LUTS and its severity population in Jordan.

Methods: This cross-sectional survey was conducted using a paper-based survey between August and September 2019. The study was carried out in the health care centers or hospitals in three different regions of Jordan: North (Irbid and Jarash), Middle (Amman, Madaba, Salt, and Zarqa), and South (Karak and Aqaba).

Results: To estimate the prevalence of LUTSs, two definitions were used, the first definition (presence of any LUTS regardless of the degree of its severity) and the second definition (presence of any LUTS that occurs half the time or more). According to the first definition, 1038 (89.9%) reported LUTS (47.3% males and 52.7% females), while 763 (66.1%) reported LUTS according to the second definition (45.6% males and 54.4% females). According to IPSS characterization, 584 (73.94%) reported nocturia, and 727 (62.94%) reported daytime increased frequency.

Conclusion: LUTS is highly prevalent among the Jordanian population, and more than half of the population reports nocturia or daytime increased frequency as most frequently reported symptoms.

Keywords: lower urinary tract; voiding; urgency; nocturia; incontinence.

Biography

Dr. Fadi S. Sawaqed MD, Consultant Urologist / Functional and Neuro-Urology

Dr. Sawaqed is an Associate Professor and Head Department of Special Surgery/ Faculty of Medicine / Mu'tah University. Dr. Sawaqed completed his clinical fellowship of functional urology at department of urology / Dalhousie University /Halifax Canada in 2014. He Completed the medical school and residency training in urology at The University of Jordan, Amman/ Jordan. His main Interests are: Neurogenic Bladder, Voiding Dysfunction, Interstitial Cystitis, Female Urology Urodynamics, Erectile Dysfunction And Sacral Neuromodulation.