Improving Outpatient Clinical Care Efficiency for Urethral Stricture Patients Using the Home UFlow Meter™
Lock A.L, Dragova M, Frost A, Chiriaco G, Mundy A, Andrich,

University College London Hospitals NHS Foundation Trust, Urology, London, United

Introduction
Flow rate measurement is an important and objective clinical investigation for assessing patients with urethral strictures to detect urethral stricture and to monitor outcomes following surgical intervention. The aim of this study is to assess the feasibility of using the Uflow Meter™, a home flow measurement device, to enable patients to self-monitor their urine flow at home and to engage with their clinical team as required avoiding unnecessary visits to hospital.

Current practice
The routine clinical practice has been to bring patients to the hospital to assess their flow rates, however patient’s are not always prepared to void urine “on demand” and therefore flow rate results may not be wholly reliable on low voided volumes.

Materials & Methods
The Uflow Meter™ device is a simple funnel-shaped plastic cup which has 3 chambers. It indicates the speed of urine flow and is used by patients at home. Patients keep a weekly Uflow Meter™ voiding diary. If they have persistent Uflow Meter™ ‘bottom chamber’ recordings, which suggests that the flow rate is less than 10ml/s, they should contact the clinical team by phone or email to arrange a clinic consultation.

Conclusion
The Uflow Meter™ is a useful device which allows patients to monitor their flow rates at home. It empowers and engages patients in their own clinical management avoiding unnecessary clinic visits. The Uflow Meter™ is a cost-effective and safe clinical follow-up option for urethral patients to monitor disease progression at home.

Patient instruction
The Uflow meter for measuring the peak flow rate of urine

NEW Patient directed follow-up
• Flow rate recorded at home 1x week
• If «bottom chamber» (Qmax<10ml/s) on 3 consecutive readings

Contact clinical team to arrange a repeat urethral dilatation