

Improving Outpatient Clinical Care Efficiency for Urethral Stricture Patients Using the Home UFlow Meter™

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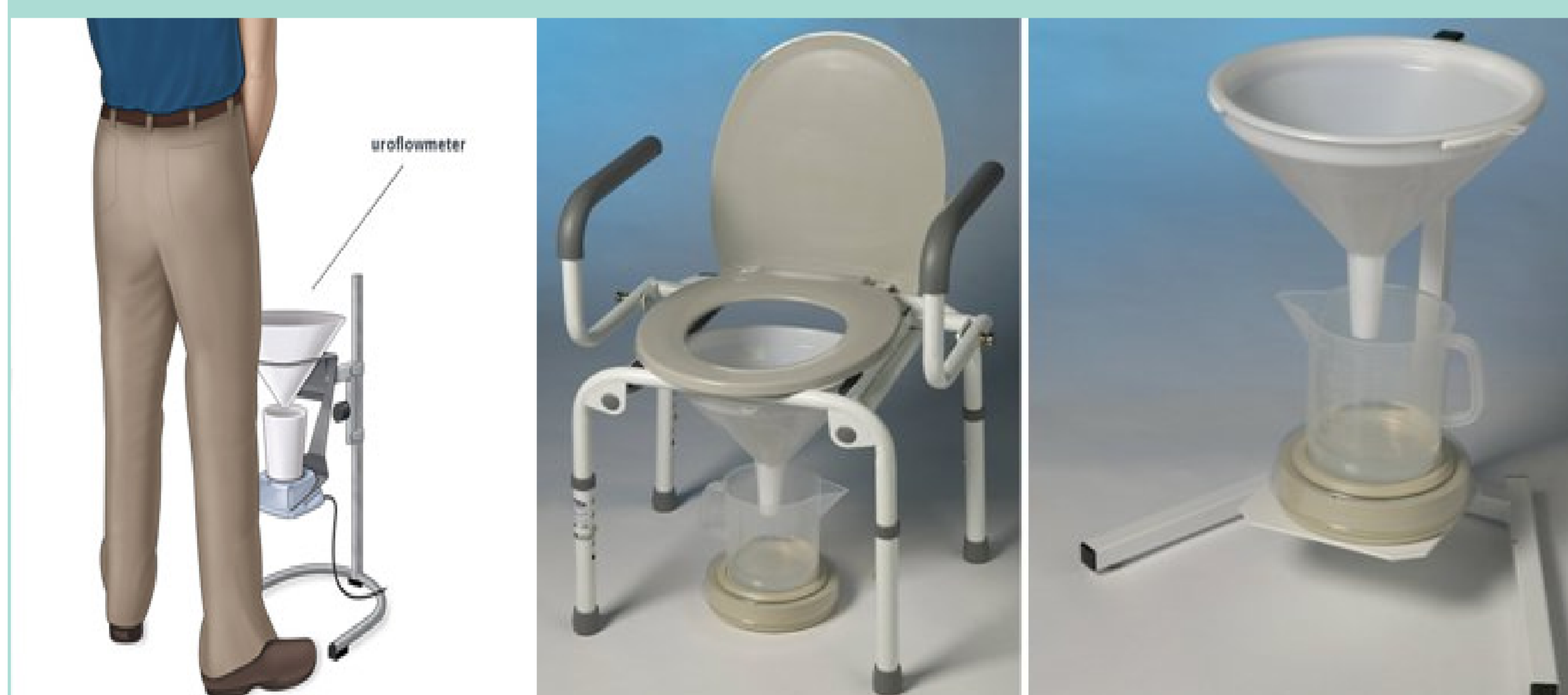
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Introduction

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.

Patient instruction



PATIENT INSTRUCTION SHEET

PLEASE READ THESE INSTRUCTIONS CAREFULLY BEFORE USING THE UFLOW METER DEVICE.

Take the tube out of the bag and look at it:
The tube has four main parts:
• the cup
• the top
• the middle
• the bottom
The bottom part has a small hole at the end.

To measure your urine flow:
1. Hold the device upright (as shown in the picture above) over a measuring jug. You should place the jug on the closed toilet lid.
2. With one hand hold close to yourself pass your urine against inside of the cup part of the device.
3. As you pass your urine you must lean forward a little so you can see the urine through the device. The urine will flow out of the small hole in the bottom but it will also rise up the tube.
4. You must note the highest steady level that the urine reaches in the tube. This will be either in the BOTTOM part, the MIDDLE part, the TOP part or in the CUP.
5. If you have difficulty leaning forward then you can look down the centre of the cup to judge the highest level.
6. When you have finished passing urine turn over the instruction sheet and record on the diary sheet provided whether the highest level was in the BOTTOM, MIDDLE, TOP or CUP. Also note the Volume of urine passed in the jug in millilitres (ml).
7. Pour the urine from the jug into toilet bowl and flush the toilet. To clean your Uflow meter rinse thoroughly under WARM water.
8. If most of your measurements are in the top of the tube, your urine flow is acceptable. If most of your measurements are in the bottom or middle of the tube, you should seek advice from your doctor/nurse.

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The Uflow meter for Gauging the Peak Flow Rate of Urine

Please take recordings of your flow rate of urine twice a day for 12 days, this should be within a 2 week period but does not have to be on consecutive days where personal circumstances make it difficult to do so.

Please enter this information in the table below as well as the volume of urine passed on each occasion.
Flow rate should be recorded at bottom, middle, top, cup (see instruction sheet on front).

Volume passed should be recorded in millilitres (ml).

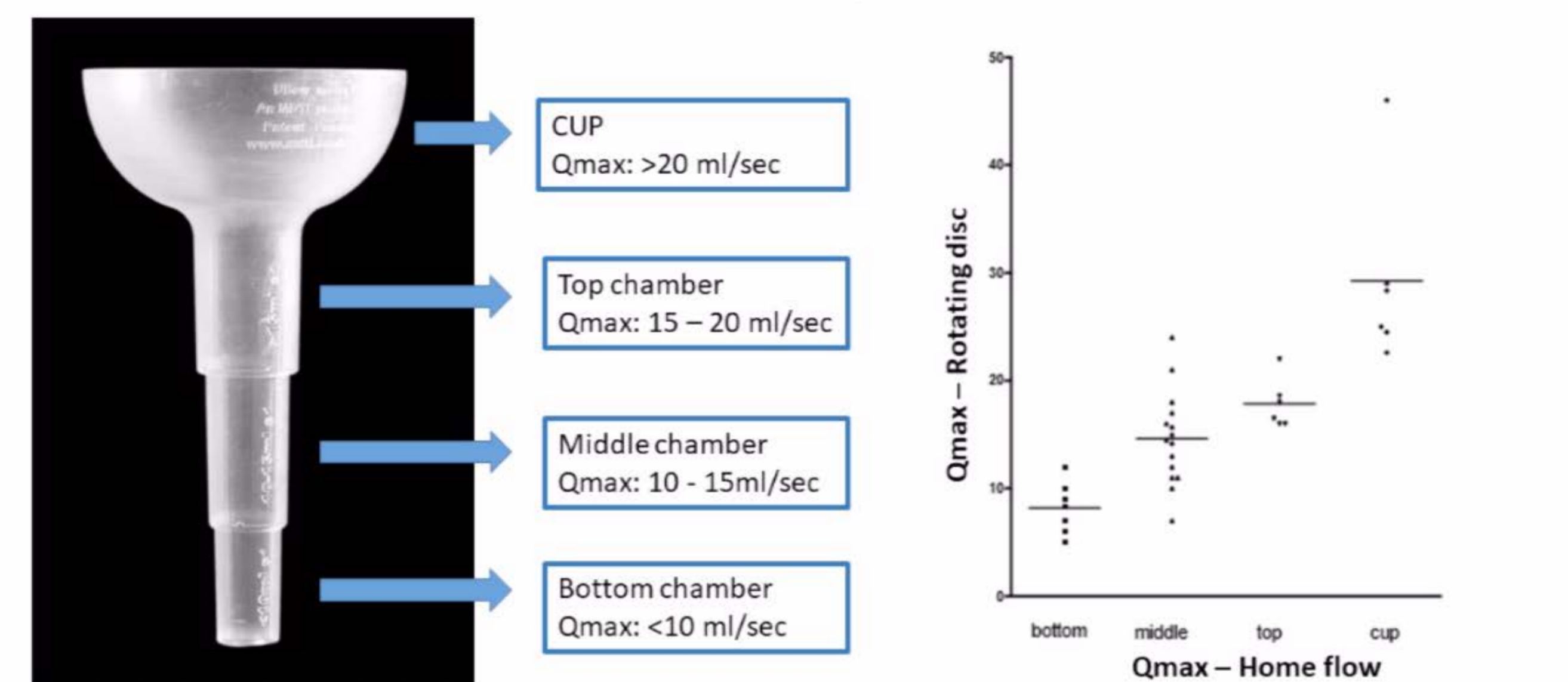
DAY	FIRST VOID		SECOND VOID	
	Flow Rate	Volume Passed	Flow Rate	Volume Passed
Example Day 1	Top	300ml	Middle	200ml
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				

Note: This product should not be shared between patients. page 2

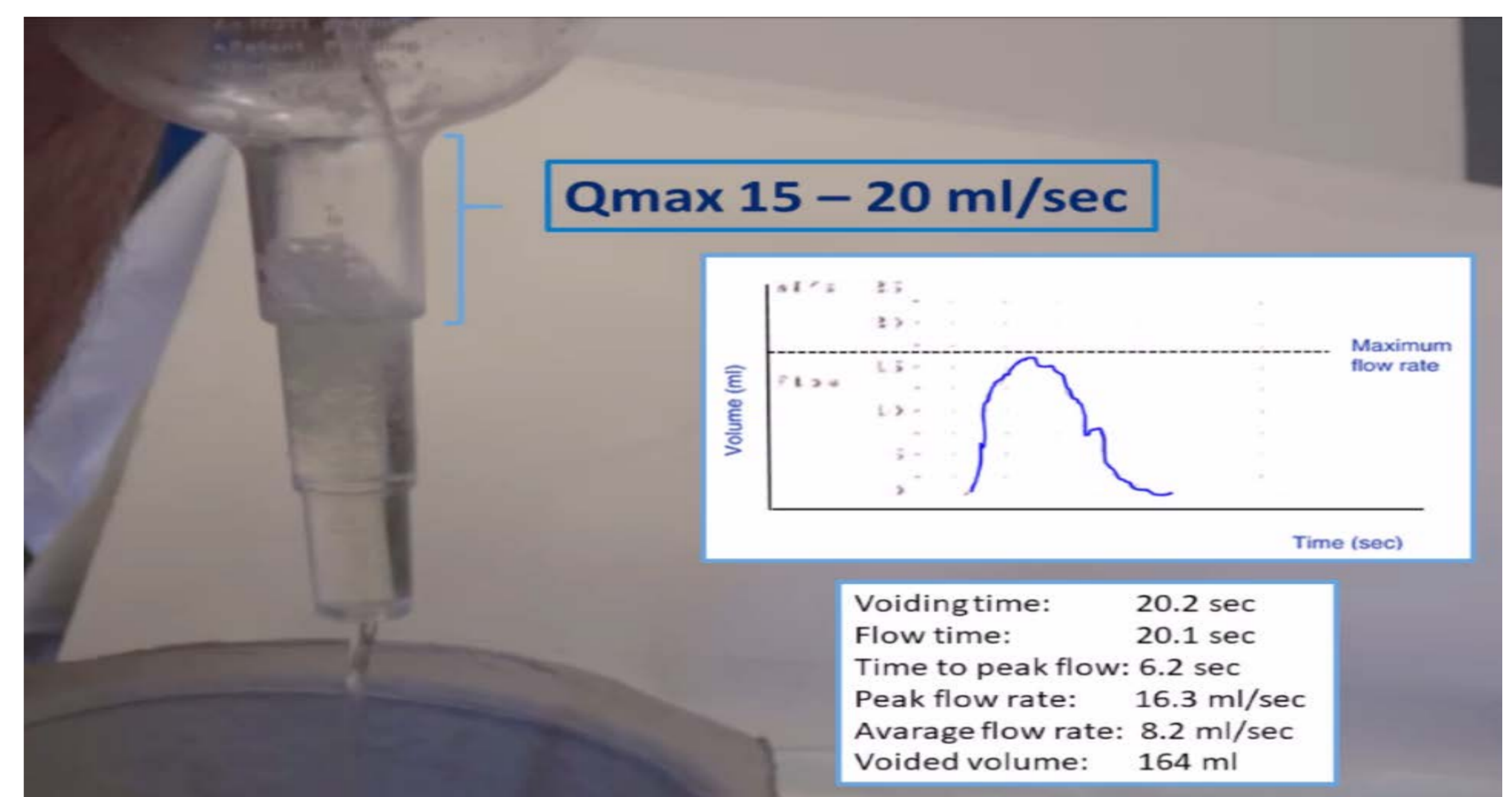
VALIDITY AND RELIABILITY OF A SIMPLE HOME UROFLOWMETRY DEVICE FOR REPEATED FLOW RATE MEASUREMENT

Pridgeon S, Harding C, Newton D, Pickard R. Freeman Hospital and Univ. of Newcastle Upon Tyne

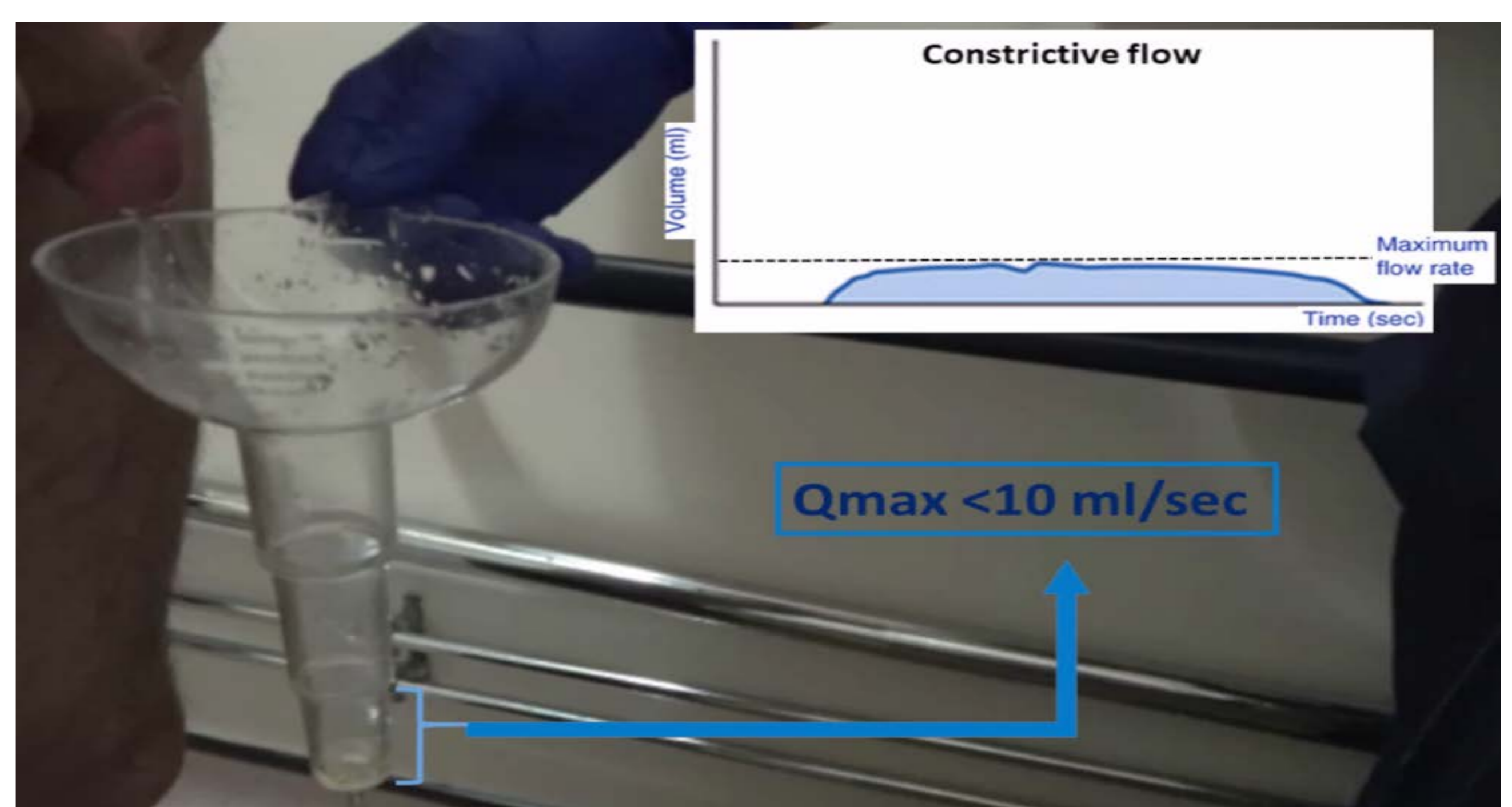
STANDARD UROFLOWMETRY vs repeated UFLOW DEVICE at home in 38 men with LUTS



Normal Flow:



Poor Flow (Constrictive Flow):



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.

Uflow Meter®

- Accurate
- Reliable
- Easy to use
- Convenient home monitoring
- Cost effective



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