University College London Hospitals
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Improving Outpatient Clinical Care Efficiency for Urethral Stricture Patients Using the Home UFlow Meter™

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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.

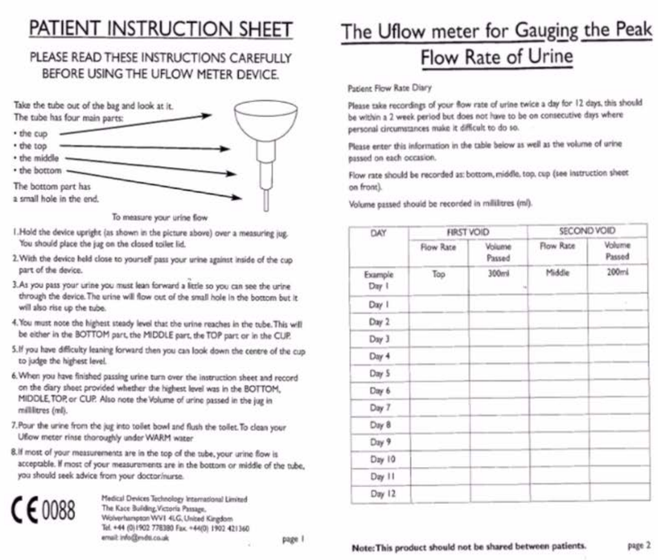
Current practice

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 indicateds 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.

The Uflow meter for Gauging the Peak Flow Rate of Urine

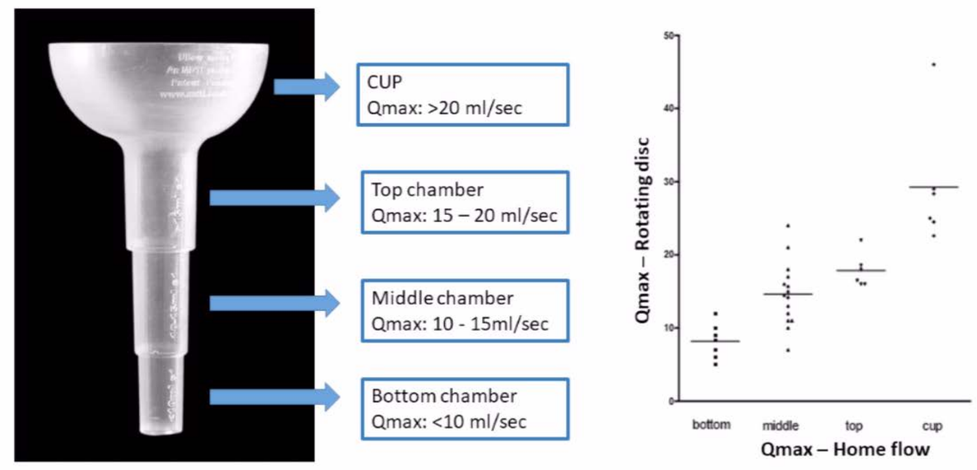
NEW Patient directed follow-up

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

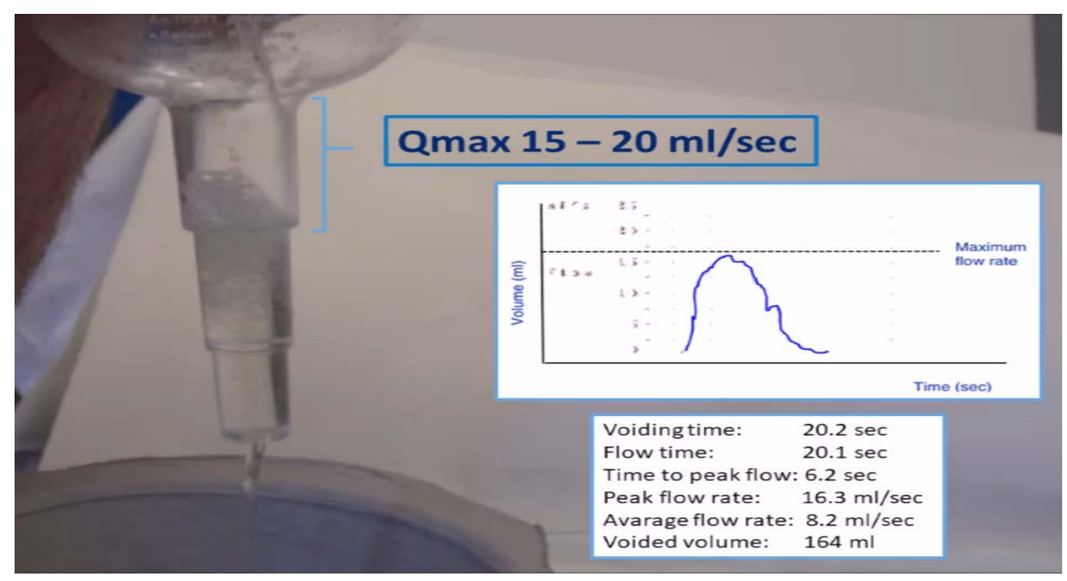
Contact clinical team to arrange a repeat urethral dilatation

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

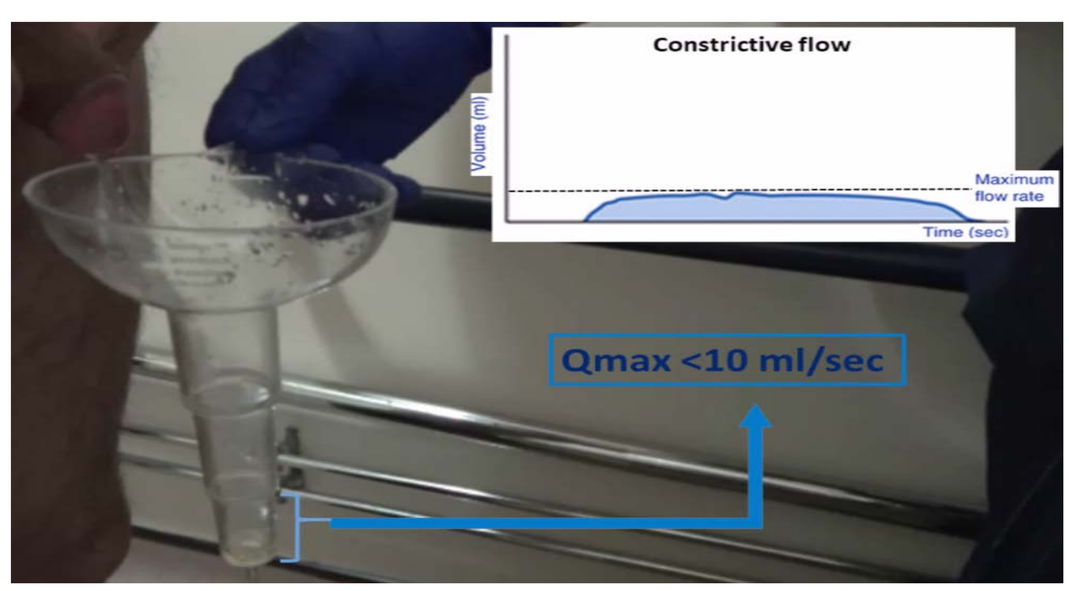
STANDARD UROFLOWMETRY vs repeated UFLOW DEVICE at home in 38 men with LUTS



Normal Flow:



Poor Flow (Constrictive Flow):



Conslusion

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