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Impact of Urinary Disorders on the Quality of Life of Patients With Chronic Spinal Cord Injuries: Specificity of the African Population

Topic: Complications/Sequelae (ie Spasticity, Immobilization and Frailty)

Jihad El Achkoura, Khawla Rsaissi, Papa Ndiouga Lo, Ryme El Beloui, Hasnaa Boutalja, Nada Kyal, Fatima Lmidmani, Abdellatif El Fatimi

Physical and Rehabilitation Medicine, CHU Ibn Rochd, Casablanca, Morocco

BACKGROUND

Chronic spinal cord injuries (SCI) are a major cause of disability, leading to functional disorders, including lower urinary tract dysfunction (LUTD), which impairs patients quality of life. This study evaluates the impact of LUTD on SCI patients quality of life and analyzes the results of urodynamic testing (UDT), with a particular focus on the specific characteristics of Moroccan patients.

METHODS

This cross-sectional study conducted in 2024 at the CHU Ibn Rochd in Casablanca collected demographic, etiological, and clinical data, as well as UDT results. The ASIA score was used to assess spinal cord injuries, while the impact of LUTD on quality of life was measured using the Qualiveen and ICIQ-SF scores.

RESULTS

The sample consisted of 100 patients: 70 men and 30 women, with a mean age of 38.5 years. The mean Qmax was 9.8 ± 3.2 ml/s. Detrusor sphincter dyssynergia (DSD) was present in 35% of patients. The bladder capacity was reducted in 34% of patients. Bladder compliance was reduced in 28%. Detrusor overactivity was present in 30% of patients. The mean maximum closure pressure was 48.6 ± 10.5 cmH_2O, higher in cases of detrusor overactivity. The Qualiveen score (18.3 ± 6.7) and ICIQ-SF score (13.9 ± 4.2) indicated significant impairment in quality of life, particularly in emotional and social domains.

CONCLUSION

Lower urinary tract dysfunction significantly impairs SCI patients' quality of life, with marked effects on emotional and social aspects. Urodynamic analysis and The American Spinal Injury Association (ASIA) scores highlight the complexity of LUTD, requiring appropriate management to improve their well-being and prevent complications.

Statement of Disclosures

None

Corresponding Author:
Jihad El Achkoura
Physical and Rehabilitation Medicine, CHU Ibn Rochd, Casablanca, Morocco
Email: miss.elachkoura@gmail.com

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