E-Poster

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The Urodynamic Exploration of Vesico-Sphincteric Disorders in Patients With Spina Bifida

Topic: Rehabilitation Across the Continuum of Care

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BACKGROUND

Spina bifida is a congenital malformation of the spinal cord and vertebrae, leading to sensitivomotor paralysis of the lower limbs and bladder damage. Vesico-sphincter disorders represent a major condition and must be a priority in the management of individuals with spina bifida, starting from birth.

CASE DESCRIPTION

We report the case of a 16-year-old female patient, a student living in Marrakech. Her reason for consultation was neurogenic bladder due to spina bifida operated at neonatal age. Her medical history includes a spina bifida surgery performed on day 3 of life and recurrent urinary tract infections, primarily due to *E. coli*. On clinical examination, she had normal standing and sitting balance, and stable single-leg support. Reflexes are present, and sensory function is normal. Overall and segmental muscle strength are normal. Joint ranges of motions are normal, except for the limitation of dorsal flexion of the ankles to 0 degrees. Regarding the pelvic-perineal examination, touch and pinprick sensations are normal, and rectal examination is 4/5. The patient reports experiencing both daytime and nighttime enuresis and urinary incontinence. In our training, PRM management consists of a urodynamic assessment, vesicorenal ultrasonography with measurement of post-void residual urine (PVR) and potential education for intermittent catheterization.

DISCUSSION

Spina bifida represents the most severe form of viable dysraphism. Urodynamic assessment is essential for understanding vesical-sphincteric disorders in patients with neurological conditions, particularly spina bifida, thus enabling proactive management and reducing long-term renal complications.

CONCLUSION

Young patients with spina bifida are at high risk of developing chronic kidney disease due to urological disorders caused by neurogenic bladder dysfunction. Urodynamic assessment plays a crucial role in determining the risk of renal deterioration.

Statement of Disclosures

None

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