

UPSTREAM Newsletter

18-month (final) follow-up reminder

“We are nearly there, but we need your help to finish”

Have you ever seen a race when the leader starts to slow down before the finish line, and just as they think they've won, the person behind overtakes and wins? Or, that football match where the team 3-0 up at half time, loses at the final whistle?

Unfortunately it happens; athletes see the end is near and start to relax, but before you know it, their hard work was without success. Therefore, it is important that the athletes keep going 'full-steam ahead' until they have crossed the finish line, or the final whistle blows.



Well, the same “rule” applies for medical research – that is, **we need to keep striving until each participant has ‘crossed the finish line’ and the final data are collected.** Otherwise, your participation will have been in vain.

We need to find out how you have been getting on since you first had your urinary symptoms assessed; did your symptoms get better, or do they still bother you?

Even if your symptoms have improved/resolved, or you have had surgery, or been discharged from clinical care, we need to hear from you so that we can answer the research questions properly.

Sadly the number of patients who have responded so far is low, which could seriously affect the importance and wider impact of the research (and your hard work so far).

Soon, you will be contacted by a research nurse, or member of the study team, to arrange your **FINAL** follow-up appointment. You will be invited to return to clinic to complete a urinary flow test, a couple of questionnaires about your urinary symptoms, and a bladder diary. This information will later be compared with the information you provided 18-months ago, to help us address the aims of the study (see page 2). *Remember! You can reclaim your travel and parking expenses for attending this study-specific appointment; ask your nurse for details.*

Alternatively, if you're unable to return to clinic we can arrange for you to complete just the key questionnaires via the telephone, post, or online (*will take approximately 10 minutes*). We appreciate how busy you are, but we believe this to be an important study for men's health, and any information you can provide is of great value.

If you have any worries or problems completing the questionnaire, a friend or relative may be able to help you. If still in doubt, please contact the UPSTREAM Study Office on 0117 331 4519 / 0117 331 3907.



The key aims of the UPSTREAM study are to:

A quick recap about UPSTREAM

UPSTREAM is a study of men who have urinary symptoms, such as difficulty passing urine, or frequent and urgent need to pass urine. When assessing men with these symptoms there are two main approaches; the most commonly used is a physical examination and a “flow rate” test. However, sometimes these tests don’t clearly reveal the cause of the symptoms, so some hospitals do an additional test called a “urodynamics” test. This can determine whether enlargement of the prostate is the cause of the problem or whether the symptoms are caused by problems with the bladder. **The aim of the UPSTREAM study is to compare the two approaches one with urodynamics and one without to see if using a urodynamic test improves outcomes.**

At the moment we don’t know whether tests including urodynamics are better than tests without urodynamics. So, **UPSTREAM is a research project which is working out what the results of treatment are for men who underwent tests with or without urodynamics.**



Compare the two approaches to treating men with urinary problems, one using a urodynamic test and one without to see if including a urodynamic test improves the symptoms men experience after 18 months.



Establish whether including a urodynamic test reduces the number of patients who have surgery.

How could this study help?

We would like to see if the additional information provided by the urodynamics assessment helps urologists make more accurate diagnosis of the cause of urinary problems and more accurate decisions about whether surgery is likely to be helpful for a man’s urinary symptoms.



Without your time and willingness UPSTREAM would not be possible - THANK YOU!

UPSTREAM, is to our knowledge, the first study to ask such questions. The results will inform other patients, clinicians and policy makers about whether urodynamic assessment should be more widely used for men with bothersome lower urinary tract symptoms who are seeking further treatment, including surgery. **We will soon be collating some results and can’t wait to share these with you! Sit tight...**

Contact details changed? Want to speak to us?

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Funding Acknowledgement: This project was funded by the National Institute for Health Research HTA programme (project number 12/140/01). **Department of Health Disclaimer:** The views and opinions expressed therein are those of the authors and do not necessarily reflect those of the HTA programme, NIHR, NHS or the Department of Health. **BRTC Acknowledgement:** This study was designed and conducted in collaboration with the Bristol Randomised Trials Collaboration (BRTC), a UKCRC Registered Clinical Trials Unit (CTU) in receipt of National Institute for Health Research CTU support funding. **REDCap Acknowledgement:** Study data were collected and managed using REDCap (Research Electronic Data Capture, Harris PA, et al. J Biomed Inform. 2009 Apr;42(2):377-81) hosted at the University of Bristol. **Sponsorship:** The study was sponsored by North Bristol NHS Trust.