

Bladder Health Buzz



Information and research news on Urinary Symptoms and UTI among person with Neurogenic Lower Urinary Tract Dysfunction

Welcome!

Welcome to the first issue of the National Capital Model System newsletter. This newsletter is brought to you by the National Capital Model System at MedStar National Rehabilitation Hospital (NRH) in Washington, DC. If you want more information on Bladder Rehab, check out our RRTC newsletters and factsheets on Bladder Rehab topics [MedStarResearch.org/BladderRehab](https://www.medstarresearch.org/BladderRehab). In this issue, we will give you the latest updates regarding our ongoing research studies on urinary symptoms, UTIs and antibiotic stewardship, informational products, and other exciting news.

Bladder health study is enrolling nationwide!!!

If you have problems with urinary symptoms and you use an intermittent catheter for bladder management. We are currently recruiting participants to look at the use of a probiotic bladder flush versus a saline bladder flush when experiencing urinary symptoms. Please contact Emily Leonard, PhD.

Emily.m.leonard@medstar.net

202-877-1844

For more information about our research studies [CLICK HERE](#)



News you can use

Bladder Buzz Podcasts – Available in English and Spanish



We are releasing new podcasts monthly in English and Spanish on a variety of bladder related podcasts as well "Beyond the Bladder" podcasts on our BladderBuzz channel.

You can find BladderBuzz on iPhone Podcasts, Google Podcasts, Stitcher, Spotify, and Amazon music. You can also listen online <https://bladderbuzzpodcast.buzzsprout.com/>

We want to hear from you!

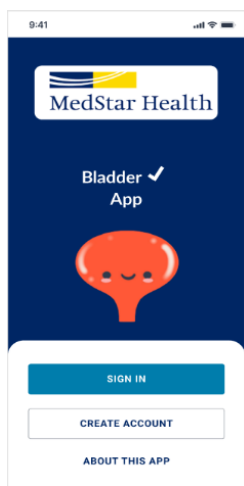
What topics would you like to know more about? Or do you have a topic you'd like to do a podcast with us on the Bladder Buzz channel???

Email us at bladderrehab@medstar.net and your suggestion might be the next podcast and/or factsheet.

Reeve Summit 2022

The National Capital Model System team just got back from the Reeve Summit. Dr's Groah, Stampas and Rounds presented a course titled "State of the Art Advances and Discoveries in Neurogenic Lower Urinary Tract Dysfunction."

The team presented on a wide range of topics, from Dr Groah's talk on "Is UTI Complicated?" and Dr Stampas' presentation on our current research about transcutaneous tibial nerve stimulation and Dr Rounds' presentation about the Bladder ✓ app that will help patients self-manage their urinary symptoms.



Bladder ✓ App- We want your input!

The app is currently being designed and developed. If you are struggle with UTIs and you would like a tool to help you know when to self-manage or consider seeking medical attention for a UTI, we would love for you to test our app! We are currently working on the design and all the features including: symptom checking/tracking, UTI tracking, bladder washes, and urine cycles (tracking voiding).

If you are interested in testing this app for urinary symptom manamangent, please contact Dr Mandy Rounds. Amanda.K.Rounds@medstar.net.



nbrg.org | nationalmssociety.org | unitedspinal.org | spinabifidaassociation.org

Get involved with our research projects!

UTIs are the biggest challenge to bladder health for people with SCI. Our team's work in this domain has focused on isolating and addressing the multiple dimensions comprising the complexity of UTI. We are exploring at-home interventions to address urinary symptoms to decrease UTIs and developing new UTI diagnostic criteria. Below is additional details about each study:

Study Title: Intravesical Lactobacillus rhamnosus GG versus saline bladder wash: A randomized, controlled, comparative effectiveness clinical trial- intermittent catheters

We are recruiting participants nationwide for a bladder study looking at the use of a probiotic bladder flush versus a saline bladder flush for urinary symptoms.

Participants must be:

- Have had a spinal cord injury, multiple sclerosis or spina bifida for at least 6 months
- 18 years or older
- Be diagnosed with a neurogenic bladder and use intermittent catheterization for bladder management.

If you are interested or have questions, please contact:

Emily Leonard

Emily.m.leonard@medstar.net

202-877-1844

Check out all the research we currently have going on by scanning the QR code below



Study Title: Development and assessment of SCI Model Systems Complicated UTI Consensus Guidelines

The objectives of this study are to develop, validate, disseminate, and assess the uptake and impact of SCIMS cUTI consensus guidelines specific to people with SCI and NLUTD.

→ **(Current step)** To develop and validate SCIMS cUTI Consensus Guidelines based on the Urinary Symptom Questionnaires for Neurogenic Bladder (USQNB), separately for people with SCI who use intermittent catheterization, indwelling catheterization, or who void.

(Future step) Create consensus through a national survey around symptoms and SCIMS cUTI Consensus Guidelines.

(Future step) Develop consumer- and clinician-targeted education materials on urinary symptom decision making, including self-management of symptoms and prevention and diagnosis of cUTI.

(Future step) Determine the effect of this training on antibiotic seeking and use at consumer level (impact). Determine the effect of this education on antibiotic prescription habits by clinicians (uptake).

If you are interested or have questions, please contact:

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Contact Us

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Visit

MedStarResearch.org/BladderRehab

The BluRB The Society Section

Our NC-SCIMS families celebrated many holidays with friends and families!



We wish all of you a Safe and Happy Spring!

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