

# Percutaneous tibial nerve stimulation beneficial for overactive bladder

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For women with overactive bladder (OAB), percutaneous tibial nerve

stimulation (PTNS) is associated with improvement of symptoms, according to a study published online May 16 in the *Journal of Clinical Medicine*.

Connor McPhail, from FBW Gynaecology Plus in Adelaide, Australia, and colleagues conducted a [prospective cohort study](#) to examine the long-term efficacy of PTNS treatment for OAB. Women with OAB received PTNS once per week for 12 weeks in phase 1 and then received 12 PTNS treatments over six months in phase 2. A total of 166 [women](#) were included in phase 1 and 51 completed phase 2.

The researchers found that compared to baseline, there was a significant reduction in urinary urgency, nocturia, incontinence, and frequency (improvements of 29.8, 29.8, 31.0, and 33.8 percent, respectively). A significant reduction in urinary frequency (improvement of 56.5 percent) was also seen for patients who completed phase 2.

"This study should promote future investigation into the long-term maintenance of the therapeutic benefit of PTNS in the Australian setting, particularly looking at patient demographics to find out who experienced symptomatic improvements, and possibly a [comparative study](#) between the benefits and cost of PTNS and surgical treatments, such as intradetrusor injections," the authors write.

**More information:** Connor McPhail et al, The Investigation of Percutaneous Tibial Nerve Stimulation (PTNS) as a Minimally Invasive, Non-Surgical, Non-Hormonal Treatment for Overactive Bladder Symptoms, *Journal of Clinical Medicine* (2023). [DOI: 10.3390/jcm12103490](#)

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