



## Project BPH

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### PURPOSE

Identify the most effective medication therapy prescribed in the treatment of BPH as measured by resolution of symptoms per patient report.

### RATIONALE AND SIGNIFICANCE

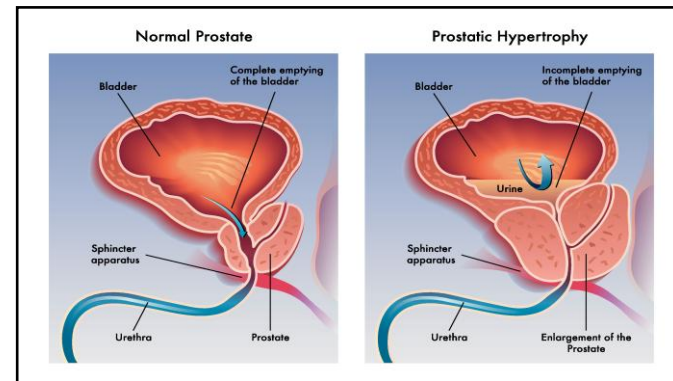
Benign Prostatic Hyperplasia (BPH) is a condition that impacts men and its occurrence is age related. Symptoms associated with BPH include straining to void, infection, frequency, nocturia, dysuria, and retention. The greatest concern with BPH is the development of obstructive symptoms which remains at the forefront in the treatment of BPH

### INTERVENTION AND EVALUATION

A sample of 20 electronic medical records was randomly selected out of 240 male patients with a diagnosis of BPH. Clinical management consisted of prescribing Flomax (50%), Finasteride (25%), Terazosin (15%), and Doxazosin (10%). The sample was predominantly Hispanic (90%) between the ages of 48-79 with the mean age being 62.95 years old. Medical records were assessed for alleviation of the symptoms of frequency, nocturia, and dysuria.

### RESULTS

The most common BPH symptoms were dysuria and retention. In males less than 60 years of age, nocturia was the most common symptom. For those over 60, frequency (3 out of 9) and dysuria (4 out of 9) were most frequently reported.



### LIMITATIONS

The sample consisted of 20 chart reviews only with samples mainly consisting of Hispanic males. Due to the number of charts reviewed findings are not generalizable. In addition, charts were not reviewed for qualitative information on the effectiveness of the medications mentioned.

### CONCLUSION

Although a variety of medications can be used to treat BPH, Flomax is favored by providers and patients because it can be taken daily making for better behavioral compliance.