

Bladder Rehab Buzz



Information and research news on Neurogenic Lower Urinary Tract Dysfunction

Welcome!

Welcome to the first issue of Bladder Rehab Buzz which is brought to you by the Rehabilitation Research and Training Center (RRTC) at MedStar National Rehabilitation Hospital (NRH) in Washington, DC, in partnership with Children's National Medical Center (CNMC) in Washington, DC, and The Institute for Rehabilitation and Research (TIRR) Memorial Hermann in Houston, Texas.

Over the next five years we will disseminate consumer and professional materials such as factsheets, podcasts, webinars, and manuscripts regarding bladder health for people with Neurogenic Lower Urinary Tract Dysfunction (NLUTD). In this issue, we will introduce you to our RRTC team, upcoming research studies, and information about NLUTD.



Meet the RRTC Team at MedStar NRH, TIRR Memorial Hermann & CNMC

MedStar NRH



Left to right

Inger Ljungberg, MPH- Program Manager
Shashwati Geed, PhD – Biostatistician
Carter Denny, MD – Co-Principal Investigator for research project 2
Barbara Bregman, PhD – Co-Director of RRTC and Director of Training
Suzanne Groah, MD, MSPH – Director of RRTC
Amanda Rounds, PhD – Co-Principal Investigator for research project 3, and Study Coordinator for research project 2
Margot Giannetti, BA - Study Coordinator for research project 1

TIRR Memorial Hermann



Vanessa Bernal, BS - Study Coordinator for research project 2
Argyrios Stampas, MD - Site-Principal Investigator at TIRR for research project 2
Karina Garcia, MSHA– Research Assistant for research project 2

Children's National Medical Center



Catherine Forster, MD Co-Principal Investigator for research project 1
Bruce Sprague, BS- Clinical research coordinator for research project 1

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What is Neurogenic Lower Urinary Tract Dysfunction (NLUTD)?

NLUTD is defined as a loss of sensation and voluntary control of the bladder, commonly resulting from any of a variety of neurological conditions, including spinal cord injury and disease (SCI/D), spina bifida (SB), Parkinson's disease, stroke, multiple sclerosis (MS), traumatic brain injury and others.

Research Project 1

Study Title: Intravesical Probiotic (Lactobacillus) for Urinary Symptoms Among People with Neurogenic Lower Urinary Tract Dysfunction Who Use Indwelling Catheters

The objectives of this study are to:

1. Describe the bacteria normally present in healthy urine; and
2. Estimate the effect of intravesical *Lactobacillus GG* probiotic dose on urinary symptoms

Participants must be:

- Be diagnosed with neurogenic bladder (SCI, MS, SB, Stroke etc.);
- Use indwelling catheterization for bladder management
- Be 18 years or older;
- Have a history of 2 or more episodes of urinary symptoms in the past year.

If you are interested or have questions, please contact:

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Research Project 2

Study Title: A Randomized Controlled Trial of Transcutaneous Tibial Nerve Stimulation (TTNS) for NLUTD.

The objective of this study is to prevent deterioration in bladder function after acute spinal cord injury by providing a feasible, non-pharmacologic intervention to be performed at home.

Participants must be:

- Diagnosed with a Spinal Cord Injury or disease;
- Level of injury T1-T9;
- Aged 18-65;
- Admitted to inpatient rehabilitation within 4 weeks of SCI/D at MedStar National Rehabilitation Hospital (Washington DC), or TIRR Memorial Hermann (Houston, TX).

If you are interested or have questions, please contact:

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Research Project 3

Study Title: A Mixed Methods Assessment of the Impact of the Connected Catheter™ on Quality of Life and Participation

The objectives of this study are to:

1. Evaluate if the burden of Neurogenic Lower Urinary Tract Dysfunction (NLUTD) on quality of life, participation is affected by type of bladder management; and
2. To explore the user experience of the Connected Catheter in terms of quality of life.

To be included in this study, participants must:

- Have previous participation in a Connected Catheter study;
- Be male;
- Be 18 years and older;
- Have a diagnosis of neurogenic lower urinary tract dysfunction; and
- Be a caregiver of a participant that previously participated in a connected catheter study

If you are interested or have questions, please contact:

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MedStarResearch.org/BladderRehab



The BluRB

The Society Section

Dr. Denny planned on marrying her fiancé Will on April 18, but due to the COVID-19 pandemic they postponed the reception and were joyfully married on Friday March 27th in a very short civil ceremony in Arlington, Virginia about 2 blocks from where they had our first dinner date in October 2018. They did not tell their families about the change in plans for fear that they would drive through the night to share their special day during the uncertainty of the pandemic. This is a story for the ages! Congratulations to Dr. Denny and Will!!!



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

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