



# Lečenje urinarne inkontinencije kod žena metodom TOT (Transobturator Tape)

## Treatment of Urinary Incontinence in Women with the TOT Method (Transobturator Tape)

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### Apstrakt

**Uvod:** Urinarna inkontinencija kod žena predstavlja značajan javnozdravstveni problem, jer ima visoku prevalenciju i incidenciju, što rezultira značajnim ekonomskim opterećenjem i smanjenim kvalitetom života. Lečenje urinarne inkontinencije kod žena fokusira se na usklađivanje terapijskog pristupa sa ciljevima pacijenata. Prilikom planiranja lečenja žena sa urinarnom inkontinencijom treba uzeti u obzir i fizički i psihički status. Metoda plasiranja trake suburetralno, trans-obturatornim putem (engl. *transobturator tape* – TOT) predstavlja jedan od zlatnih standarda hirurškog lečenja stres urinarne inkontinencije kod žena.

**Cilj:** Prikazati lečenje urinarne inkontinencije kod žena metodom TOT, kao i utvrditi efikasnost ove metode u lečenju žena sa urinarnom inkontinencijom.

**Metoda:** Pored studije slučaja korišćen je i metod sistematskog prikaza istraživanja drugih istraživača koja su u skladu sa ciljem istraživanja. Pri izradi rada korišćene su deskriptivna i indirektna opservaciona metoda.

**Rezultati:** U radu će biti detaljno prikazano izvođenje standardne TOT tehnike, kao i značaj instrumentarke, kao aktivnog člana hirurškog tima. Tokom operacije polipropilenska traka pozicionira se u visini srednje uretre prekutanim trans-obturatornim pristupom. Više studija je pokazalo da je TOT održiva opcija lečenja, sa dobrom dugotrajnom efikasnošću.

**Zaključak:** Na osnovu studija sprovedenih u svetu i kod nas možemo zaključiti da je hirurško lečenje urinarne inkontinencije kod žena metodom TOT bezbedan, efikasan i jednostavan postupak, nakon adekvatne obuke urologa. Pored toga, žene operisane TOT metodom imaju znatno manje postoperativne komplikacije u odnosu na druge operativne metode, a znatno je i skraćena dužina hospitalizacije.

### Abstract

**Introduction:** Urinary incontinence in women represents a crucial public health problem because it has a high prevalence and incidence, which results in a significant economic burden and reduced quality of life. Treatment of urinary incontinence in women focuses on matching the therapeutic approach to the patient's goals. When planning the treatment of women with urinary incontinence, both physical and psychological status should be taken into account. The method of sub urethral, trans obturator tape placement (trans obturator tape - TOT) is one of the gold standards of surgical treatment of stress urinary incontinence in women.

**Aims:** To show the treatment of urinary incontinence in women using the TOT method, as well as to determine the effectiveness of this method in the treatment of women with urinary incontinence.

**Methods:** In addition to the case study, the method of systematic presentation of the research of other researchers, which is in accordance with the research objective, was also used. Descriptive and indirect observation methods were used in the preparation of the paper.

**Results:** The paper will present in detail the performance of the standard TOT technique, as well as the importance of the instrument technician as an active member of the surgical team. During the operation, the polypropylene strip is positioned at the height of the middle urethra through a trans obturator approach. Multiple studies have shown that TOT is a viable treatment option, with good long-term efficacy.

**Conclusion:** On the basis of studies carried out in the world and in our country, we can conclude that the surgical treatment of urinary incontinence in women using the TOT method is a safe, effective and simple procedure, after adequate urologist training. In addition, women operated with the TOT method have significantly fewer postoperative complications compared to other operative methods, and the length of hospitalization is significantly shortened.

