

A symptom assessment tool

allowed us to develop clinical treatment trials with a valid outcome parameter. But even more important, the NIH-CPSI has proved itself as a valuable tool for the practicing urologist. The urologist should have the patient fill out the NIH-CPSI at the first visit, along with a simple form for demographics and medical history. The physician can then quickly assess the completed index and will be able to focus the interview on the points that the patient feels are most important. The patient is gratified that the physician understands his concerns and problems and the physician finds the clinical encounter to be much less frustrating. Along with the lower urinary tract evaluation (later in this chapter) the physician can use the NIH-CPSI to obtain a baseline yardstick by which the patient's progress can be measured over time. As will be illustrated in the treatment section, it is rare to cure patients with chronic prostatitis syndrome (perhaps Mother Nature cures them while we are entertaining them) and the NIH-CPSI can be used to confirm improvement of symptoms over time; degrees of amelioration of symptoms that the patients may not be able to appreciate because they occur so slowly. The physician can quickly judge on subsequent visits whether the recommended treatment was successful or should be abandoned for another approach. This leads to considerably less confusion and frustration for both patient and physician in the management of the chronic prostatitis syndromes.

KEY POINT

- The National Institutes of Health Chronic Prostatitis Symptom Index (NIH-CPSI) captures the 3 most important domains of the prostatitis experience: pain, voiding and quality of life. This index is useful in research studies and clinical practice.

NIH-Chronic Prostatitis Symptom Index (NIH-CPSI)

Pain or Discomfort

1. In the last week, have you experienced any pain or discomfort in the following areas?

a. Area between rectum and testicles (perineum)	Yes No <input type="checkbox"/> <input type="checkbox"/>
b. Testicles	<input type="checkbox"/> <input type="checkbox"/>
c. Tip of the penis (not related to urination)	<input type="checkbox"/> <input type="checkbox"/>
d. Below your waist, in your pubic or bladder area	<input type="checkbox"/> <input type="checkbox"/>

2. In the last week, have you experienced:

a. Pain or burning during urination?	Yes No <input type="checkbox"/> <input type="checkbox"/>
b. Pain or discomfort during or after sexual climax (ejaculation)?	<input type="checkbox"/> <input type="checkbox"/>

3. How often have you had pain or discomfort in any of these areas over the last week?

0 Never
 1 Rarely
 2 Sometimes
 3 Often
 4 Usually
 5 Always

4. Which number best describes your AVERAGE pain or discomfort on the days that you had it, over the last week?

<input type="checkbox"/>										
0	1	2	3	4	5	6	7	8	9	10

NO PAIN AS PAIN AS
PAIN BAD AS
PAIN YOU CAN
IMAGINE

Urination

5. How often have you had a sensation of not emptying your bladder completely after you finished urinating, over the last week?

0 Not at all
 1 Less than 1 time in 5
 2 Less than half the time
 3 About half the time
 4 More than half the time
 5 Almost always

Aspect of Symptoms

6. How often have you had to urinate again less than two hours after you finished urinating, over the last week?

0 Not at all
 1 Less than 1 time in 5
 2 Less than half the time
 3 About half the time
 4 More than half the time
 5 Almost always

7. How much have your symptoms kept you from doing the kinds of things you would usually do, over the last week?

0 None
 1 Only a little
 2 Some
 3 A lot

8. How much did you think about your symptoms, over the last week?

0 None
 1 Only a little
 2 Some
 3 A lot

Quality of Life

9. If you were to spend the rest of your life with your symptoms just the way they have been during the last week, how would you feel about that?

0 Delighted
 1 Pleased
 2 Mostly satisfied
 3 Mixed (about equally satisfied and dissatisfied)
 4 Mostly dissatisfied
 5 Unhappy
 6 Terrible

Scoring the NIH-Chronic Prostatitis Symptom Index Domains

Pain: Total of Items 1a, 1b, 1c, 2a, 2b, 3, and 4 = _____

Urinary Symptoms: Total of Items 5 and 6 = _____

Quality of Life Aspect: Total of Items 7, 8, and 9 = _____

The National Institutes of Health Chronic Prostatitis Symptom Index (courtesy of Litwin MS, McNaughton-Collins M, Fowler FJ et al. The NIH Chronic Prostatitis Symptom Index (NIH-CPSI): development and validation of a new outcome measure. J Urol 1999; 162: 369–337; with permission).