Development of TANGO, A Novel Screening Tool to Identify Co-Existing Causes of Nocturia

**AIMS**

To develop a screening tool to identify comorbidities associated with nocturia.

To be used across disciplines and in conjunction with:

- Bladder diary
- Sleep measures
- Renal function tests
- Urine flow dynamics
- Patient-Reported Outcomes

**METHODS**

- Variables having a significant risk association with nocturia of ≥ 1/night identified (BPH & BOO excluded).
- Items measuring comorbidities extracted from 12 validated and reliable tools.
- TANGO Long Form developed: 6 domains; 57 self-completed questions; 10 physical measures.
- Completed by 252 patients ≥ 40 years age with nocturia ≥ 1/night who were attending outpatient clinics.
- Removal of items with poor endorsement, high floor effect, non-significant association with nocturia and high inter-correlation.
- TANGO Short Form (SF) developed; 4 domains; 22 statements.
- TANGO SF subjected to test-retest reliability in 40 inpatients at same hospital. Kappa 0.6-0.8 (substantial to excellent agreement).

**RESULTS**

Data from this study has been translated into a clinically useful framework that will facilitate clinicians from all disciplines and specialties in identifying multiple and co-existing causes of an individual’s nocturia.

**CONCLUSION**

Bower WF, Rose GE, Whishaw DM, Ervin CF, Khan F, Goldin J.