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Urinary Retention

Rétention urinaire : évaluation de l'acupuncture

1. Generic Acupuncture

2. Zheng 2021 ★

Zheng C, Li Z, Lu H, Zhou Y. Effectiveness of Acupuncture on Urinary Retention: A Meta-Analysis. Evid Based Complement Alternat Med. 2021 Sep 29;2021:2500282. https://doi.org/10.1155/2021/2500282

Objectives	This study aimed to evaluate the safety and efficacy of acupuncture in the treatment of urinary retention (UR).
Methods	Randomized controlled trials investigating the effectiveness of acupuncture in the treatment of UR were identified by searching seven comprehensive databases (Cochrane Library, PubMed, Embase, China National Knowledge Infrastructure, Wanfang Database, China Science and Technology Journal Database, and Chinese Biomedical Literature Database) prior to September 2020. Data analysis was performed using RevMan, version 5.3, and Stata software, version 14.0.
Results	A total of **12 studies with 979 participants** were included. A random-effects model was used to conduct a meta-analysis on the acupuncture group and the control group. The results show that acupuncture can effectively promote spontaneous urination and reduce anxiety in patients with poor urination (relative risk: 1.35; 95% confidence interval (CI): 1.19–1.53;). The random-effects model showed significant differences in residual urine volume between the acupuncture group and the control group (MD: −84.79, 95% CI: −135.62 to −33.94;).
Conclusion	Acupuncture is safe and effective in the treatment of UR. However, since the current level of evidence is limited, high-quality, large-sample, multi-center, clinical randomized controlled trials are needed to further confirm our conclusions in the future.

3. Special Clinical Forms

3.1. Poststroke Urinary Retention

See corresponding item

3.2. Urinary Retention after Spinal Cord Injury

See corresponding item

3.3. Postpartum Urinary Retention

See corresponding item

3.4. postoperative urinary retention

See corresponding item

3.5. Special Acupuncture Techniques

3.5.1. Electroacupuncture

3.5.1.1. Xu 2024

Xu H, Wu L, Ba T, Niu L, Zhang Y, Zhao X. Efficacy and safety of electroacupuncture for urinary retention: A systematic review and meta-analysis. Medicine (Baltimore). 2024 Jun 7;103(23):e38403. https://doi.org/10.1097/MD.0000000000038403

Backgound	Electroacupuncture (EA) is considered as an effective treatment for urinary retention (UR).
Methods	Up to April 7, 2023, randomized controlled trials (RCTs) of EA for UR were extensively searched in 8 databases, including Pubmed, Cochrane, Embase, Web of Science, Chinese Biomedical Literature Database, Chinese Journal Full-text Database, Wanfang Data, and VIP Full-text e-Journals Database. The Cochrane Risk of Bias tool and the Grading of Recommendations, Assessment, Development, and Evaluation (GRADE) were utilized to evaluate the quality of all included RCTs. Meta-analysis was conducted using Stata 15.0 software.
Results	A total of **23 trials** were included, and the meta-analysis results suggested that compared with the control group, EA can effectively treat various types of UR (risk ratio [RR] = 1.22, 95CI%: 1.14, 1.31) and promote bladder function recovery, with a significant reduce in residual urine volume (weighted mean differences [WMD] = -49.60, 95CI%: -64.10, -35.11), an increase in maximum bladder capacity (WMD = 47.00, 95CI%: 12.76, 81.24), a shorten in the first urination time (standardized mean difference [SMD] = -1.42, 95CI%: -2.08, -0.76), and less adverse reactions (RR = 0.21, 95CI%: 0.07, 0.65).
Conclusion	EA has significant advantages in treating UR, but the efficacy and safety are still needed to be further verified through large-sample and high-quality RCTs.

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