

## URINARY & BOWEL INCONTINENCE IN COMMUNITY: BASELINE ASSESSMENT ON “OVERALL HEALTH STATUS”, “PREVALENCE” AND “IMPACT OF DAILY LIVING BETWEEN MEN & WOMEN”

### Hypothesis / aims of study

- (1) To collect the data on the overall health status
- (2) To summarize the diagnosis of incontinence symptoms
- (3) To compare the impact of daily living between women and men

### Study design, materials and methods

Hospital Authority developed a series of pilot programs for enhanced primary care and chronic disease management. A continence care program named continence clinic which run by nurse specialists was established at Tung Wah Hospital in September 2009. Eligible clients were undertaken baseline assessment prior to comprehensive assessment and treatment.

Clients under care of Hong Kong West Cluster were screened from GOPC (General Out-Patient Clinic), FMSC (Family Medicine Special Clinic), SOPC (Special Out-Patient Clinic), AED (Accident & Emergency Department), patients discharged from hospitals, and Community Nursing Service by health care professionals. In addition, referrals from the relatives or friends of patients in continence program also proceeded to this screening. Those people of ages 18 or above with urinary or bowel problems were eligible to continence clinic for assessment and treatment of their incontinence symptoms. Every enrolled case was initially undertaken an baseline assessment which included “Referral Source”, “Socio-economic Profile”, “Overall Health Status”, “ICIQ-UI (Short Form)”, “Bowel Problem” and “Consultation Summary”. For male patients with LUTS (Lower Urinary Tract Syndrome), “Accident & Emergency Attendances record together with IPSS (International Prostate Symptom Score)” was covered. This IPSS was obtained following self-administration of the Chinese version of IPSS questionnaire.

### Results

From October 2009 to September 2010, there were 1517 cases from community enrolled in this program. Most of the cases were referred through screening from GOPC 85.56% and SOPC 7.38%. There were 861 women and 656 men, with majority clients ages from 56 to 75 (57.23%), with youngest was an 18 years old lady and the eldest 97 was found in both genders. The age distributions were as follows 18-35: 1.91%; 36-45: 4.15%; 46-55: 17%; 56-65: 31.85%; 66-75: 25.38%; 76-85: 16.94%; >85: 2.77%.

Refer to overall health status, 75.94% of women and men had chronic illnesses. “Hypertension” 19.4% was the most common chronic disease, the next were “Diabetes Mellitus” 10.85%, “Lipid Disorder” 10.35% and “Heart Disease” 7.75%, following by “Stroke” 6.61%, “Gout” 5.88%, “Depression” 5.77%, “Other Mental Problems” 5.70%, “Cancer” 5.6%, “COPD” 5.49%, “Renal Disease” 5.36%, “Others” 11.24% respectively. Among them, 62.76 % self-rated health status as fair, 23.2% as good, 11% as poor, 0.53% as excellent, 2.11% as very good, 0.4% refused to answer.

In consultation summary, it revealed “Stress Incontinence” was the most common urinary problems in women (39.56%), of 42.83% were associated with “Urge Incontinence”. “Transient Causes of Incontinence” (11.4%) and “Constipation” (10.09%) were the secondary. In opposite gender, of 72.32% men presented with “LUTS” due to BPH were found significantly. Same as female group, the secondary was “Constipation” (9.92%). For the other diagnosis, there were similar percentage in both groups with “Functional Incontinence”, “Overflow Incontinence”, “Frequency of Micturition”, “Nocturia”, “Incomplete Emptying of Bladder”, “Urgency”, and “Fecal Incontinence”. For problem on “Urinary” and “Bowel”, the former was greater with 97.63% and latter with 23.54%. 39.36% reported urinary wetting more than 3 times a day.

Direct to the impact of daily living, women complaining the influence on urinary problem were more than men, with average mean scores of women from 3.417/10 to 9.462/10 and men from 3.647/10 to 4.333/10. Age group of female from 66-75 was found most severity from urinary dysfunction with mean score 9.462/10. Comparing with the bowel problem, there was no significant difference between genders, with the average mean scores from 3.5/10 to 6.333/10 of women and 3.28/10 to 5.25/10 respectively. For male patients with LUTS, IPSS was assessed, the mean of symptom score was ranged from 11.231/35 to 15.125/35 while the QOL (Quality of Life) was around 3/6.

### Interpretation of results

Majority of patients with urinary and bowel problems were associated with chronic disease. Women were common with stress and urge incontinence while men were common with LUTS due to BPH. In addition, bowel problem was existed and required for attention. Impact of daily living regarding urinary problem was higher in women, early problem detection could minimize the mental disorder.

### Concluding message

Through the baseline assessment, the background information was important for further analysis on effectiveness of continence care program. It also provided valuable references for the development of nurse-led clinic.

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| <i>Specify source of funding or grant</i>                                      | None   |
| <i>Is this a clinical trial?</i>   | No   |
| <i>What were the subjects in the study?</i>                                    | HUMAN  |
| <i>Was this study approved by an ethics committee?</i>                         | No   |
| <i>This study did not require ethics committee approval because</i>            | This study is under a series of pilot programs of Hospital Authority for enhanced primary care and chronic disease management. |
| <i>Was the Declaration of Helsinki followed?</i>                               | No   |
| <i>This study did not follow the Declaration of Helsinki in the sense that</i> | This study is not an experimental study.   |
| <i>Was informed consent obtained from the patients?</i>                        | Yes  |