

EFFICACY OF INTERFERENTIAL THERAPY IN WOMEN WITH STRESS URINARY INCONTINENCE

Hypothesis / aims of study

Urinary stress incontinence in women is a common problem affecting the quality of life. Management options including conservative approach, drug treatment and surgery, have variable success results. This prospective study was conducted to find out the role of interferential therapy in the management of stress urinary incontinence in women

Study design, materials and methods

This was a prospective interventional study.

225 women were screened for urinary incontinence. Cases with urinary incontinence were thoroughly evaluated and subjected to urodynamic study to establish the diagnosis and to assess the cystometric & urethral pressure profile parameters. Thirty women diagnosed with genuine stress incontinence were enrolled in the study after informed consent. Interferential therapy was given for 20 minutes three times a week with Endomed 433 for three months Urodynamics was repeated after three months of treatment to assess the objective improvement. Questionnaire and social activity index was used to evaluate the subjective improvement

Results

Among 225 cases, 73 (32.4%) had urological complaints and 38 (16.88%) had urinary incontinence. Maximum number of cases (27.3%) were in 51 – 55 years age group with higher prevalence among postmenopausal women. As per symptomatology among 225 women, stress, urge and mixed incontinence were present in 25 (11.1%), 3 (1.3%) and 10 (4.4%) women respectively. Among 38 cases with urinary incontinence subjected to urodynamics, 33 cases (94.3%) had genuine stress incontinence. No case had detrusor instability and hence none was diagnosed to have motor urge incontinence. Interferential therapy was given to 30 cases with genuine stress urinary incontinence. Cystometric parameters; volume at first desire to void, maximum cystometric capacity, effective cystometric capacity; urethral pressure parameters; functional length of urethra, maximum urethral pressure and maximum urethral closure pressure showed statistically significant ($p < 0.001$) improvement post-interferential therapy. Residual volume and detrusor pressure showed no significant change ($p = 0.475$). Social activity index and leakage episodes also showed statistically significant improvement

Interpretation of results.

Interferential therapy in cases of stress urinary incontinence showed statistically significant improvement as demonstrated by urodynamic changes and improvement in social activity index and reduction in number of leakage episodes

Concluding message

Interferential therapy was found to be effective in the management of stress urinary incontinence in women as significant objective and subjective improvement was observed following interferential therapy

Specify source of funding or grant	None
Is this a clinical trial?	No
What were the subjects in the study?	HUMAN
Was this study approved by an ethics committee?	No
This study did not require ethics committee approval because	This treatment was already being given to patients
Was the Declaration of Helsinki followed?	Yes
Was informed consent obtained from the patients?	Yes