

PREVALENCE OF URINARY AND FECAL INCONTINENCE IN A GENERAL URBAN POPULATION IN BRAZIL

Hypothesis / aims of study

There is a lack of epidemiologic studies about urinary and fecal incontinence on the general population in Brazil. So, this study aimed to analyze the prevalence of urinary (UI), fecal (FI) and combined incontinence (CI) in adults from the general population, and the demographic and clinical variables associated to urinary and fecal losses.

Study design, materials and methods

This epidemiological and cross sectional study was carried out in Pouso Alegre city, Minas Gerais state, Brazil, with a population based probabilistic sample. The sample was obtained through stratified cluster sampling. Five hundred and nineteen individuals, residents in 341 homes sorted at random, aging ≥ 18 years old, with adequate mental and physical conditions and who accepted to participate in this investigation were interviewed. Two instruments were used for data collection: UI data¹ and Presence of anal incontinence² (both validated for Brazilians). Data were submitted to Qui-Square, Hosmer Lemeshow tests and to logistical regression. Multi collinearity presence among independent variables was analyzed. Significance level of 5% was adopted. The prevalence was standardized by gender and age.

Results

The results showed 20.1% for UI prevalence, being 6.2% for male and 32.9% for female; 7.0% for FI, in general and for both male and female; and 3.0% for CI, being 1.0% for male and 5.0% for female. In the final model of logistical regression, UI time (OR=29.3; $p < 0.001$), diabetes mellitus (OR=17.7; $p < 0.001$), stroke (OR=15.9; $p < 0.001$) and bladder prolapse (OR=12.5; $p < 0.001$) were the most important factors associated to UI; number of children (OR=5.1; $p < 0.001$), hemorrhoids (OR=4.4; $p < 0.001$) and bladder prolapse (OR=3.0; $p < 0.001$), for FI; change in daily life habits (OR=62.2; $p < 0.001$), CI time (OR=39.2; $p < 0.001$), female gender (OR=21.6; $p < 0.001$) and be widow (OR=19.4; $p < 0.001$), for CI.

Interpretation of results

This is the first Brazilian epidemiological study about urinary and fecal incontinence on the same randomized urban population. Results showed some similarities with international literature including demographic and clinical predictors³.

Concluding message

This study contributes for new studies using the same methodology applied in other urban populations and also for the establishment of public policies and programs for UI, FI and CI primary and secondary prevention as well as their management at least in a local level.

References

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<i>What were the subjects in the study?</i>	HUMAN
<i>Was this study approved by an ethics committee?</i>	Yes
<i>Specify Name of Ethics Committee</i>	Ethics Committee of Nursing School of University of São Paulo
<i>Was the Declaration of Helsinki followed?</i>	Yes
<i>Was informed consent obtained from the patients?</i>	Yes