

## APPLICATION OF INTERNATIONAL CONSULTATION ON INCONTINENCE QUESTIONNAIRE: SHORT FORM IN GYNECOLOGICAL PRACTICE

### Hypothesis / aims of study

According to recent concepts, urinary incontinence (UI) is regarded as any involuntary loss of urine. Lately, UI has become an actual problem for women and has enormous medical and social value. Recently, for the determination of occurrence, quantitative and qualitative estimation of UI symptoms and their influence upon the life quality, standardized questionnaires have been successfully used. European Association of Urology has recommended International Consultation on Incontinence Questionnaire: short form (ICIQ-SF) for UI evaluation. This questionnaire provides reliable evaluation of the patients' basic status and the efficiency of treatment measures in randomized researches. Besides, the questionnaire may be used both in epidemiological researches and in daily clinical practice. The questionnaire possesses high validity, reproducibility and sensitiveness (Grade - A).

The objective of the present study is quantitative and qualitative estimation of UI symptoms and their influence upon life quality of women with the help of ICIQ-SF in gynecological practice.

### Study design, materials and methods

Questioning of 542 women appealed to Scientific Centre of Obstetrics, Gynecology and Perinatology named after Academician V.I. Kulakov with different gynaecological disorders was carried out. The women were aged from 18 to 73 (mean age – 35±11.5). For the questionnaire ICIQ-SF was used. The results of the questionnaire were subjected to statistical treatment. Absence of answer variant and indication of respondent age were included. Total calculation of question points 3, 4 and 5 was expressed in the product of respondents' percentage and corresponding points.

### Results

The questionnaire showed that 22.1% of women-respondents had UI. Among the women under 20 years, UI was present in 12.6% (n=16), 21 – 30 years – 10.8% (n=157), 31 – 45 years – 25.4% (n=158), 46 – 60 years – 44.4% (n=63), above 61 – 77% (n=13). It is worth mentioning that UI occurring once a week or less often was observed in women of all age groups as the most frequent variant: women under 20 years – 6.3%, 21 – 30 years – 5.7%, 31 – 45 years – 18.4%, 46 – 60 years – 22.2%, above 61 – 23.1%.

The severity of urinary UI was determined by means of the quantity of urinary loss. To a question: «We would like to know much urine you think leaks. How much urine do you usually leak (whether you wear protection or not)?» 19% (103) women responded «A small amount», 5.2% (28) – «A moderate amount» and 0.9% (5) – «A large amount». All variants of large urinary loss prevailed in elderly age groups.

The most influence of urinary loss with everyday life was observed in women above 61 (Mean=4.8; Std=3.4), double less – 46 – 60 years (Mean=2.9; Std=3.4), the least influence – 21 – 30 years (Mean=0.4; Std=1.4).

To a question: «When does urine leak?» 4.9% of women responded «Leaks before you can get to the toilet», 15.0 % - «Leaks when you cough or sneeze», 0.5 % - «Leaks when you are asleep», 4.5 % - «Leaks when you are physically active/exercising», 1.7 % - «Leaks when you have finished urinating and are dressed», 2.0 % - «Leaks for no obvious reason», 0.2 % - «Leaks all the time». The most quantity of all answer variants was observed in women of age groups of 45 -60 years and above 61.

Total number of 3-5 question points was 144.7 points in women under 20 years, 100.3 points - 21 – 30 years, – 195.1 points - 31 – 45 years, 459.9 points - 46 – 60 years and 870.1 points - above 61.

### Interpretation of results

Involuntary loss of urine has a significant impact on the quality of women's daily lives. Influence UI on quality of a life depends on disease severity level. At patients of 46-60 years 60 years also are more senior the greatest frequency, quantity of loss of urine and the most expressed influence of UI on an everyday life is noted. Total calculation of points showed the greatest influence in women age of 46-60 and above 61 years. Accordingly, it is connected with the presence of women these ages the greatest frequency UI.

### Concluding message

The high frequency (22.2%) of UI in women seeking a gynecologist. In connection with the low medical aid appealability of patients on the UI, it is necessary to actively detect the disease, using the ICIQ-SF. Besides, already on the first reception of the doctor use ICIQ-SF allows to reveal severity level disease and to define its impact on quality of life.

<b>Specify source of funding or grant</b>	<b>non</b>
<b>Is this a clinical trial?</b>	<b>Yes</b>
<b>Is this study registered in a public clinical trials registry?</b>	<b>No</b>
<b>Is this a Randomised Controlled Trial (RCT)?</b>	<b>No</b>
<b>What were the subjects in the study?</b>	<b>HUMAN</b>
<b>Was this study approved by an ethics committee?</b>	<b>Yes</b>
<b>Specify Name of Ethics Committee</b>	<b>Local Ethics Committee and followed the Declaration of Helsinki informed consent was obtained from the patients</b>
<b>Was the Declaration of Helsinki followed?</b>	<b>Yes</b>
<b>Was informed consent obtained from the patients?</b>	<b>Yes</b>

