

THE REALITY RESEARCH DESTINATION OF INCONTINENCE OF URINE OF A HEALTHY WOMEN WHERE THEY WERE COLLECTED IN HEALTH EDUCATION OF INCONTINENCE OF URINE

Hypothesis / aims of study

This research aim is to get basic material of health education about the incontinence of urine which made a healthy women the subject.

Study design, materials and methods

The subjects were gathered in health education of incontinence of urine, a survey by questionnaire was put into effect to 176 healthy women. The question contents investigated total of 15 items of 6 items of question by which the urination number of times, the state of the incontinence of urine and the degree concern urination and 9 items of question by which the degree of the meal, the smoking, the drinking, the movement circumstances, the sleep circumstances and the stress concerns a living habit using the procedural linear measure.

Results

The age of the participant, less than 59 years old, 125 51 people (29%) and more than 60 years old came (71 %). The urination number of times, less than 7 times a day met 67 people (38.1%) and 8-14 times, 92 people (52.3%) (4.5 %) more than 15 times 8 people. 10 0 times, 54 people (30.7%), once, 71 people (40.3%) and twice, 33 people (18.8%) met night urination (5.7 %) more than 3 times. Slight illness (3-5 points) 57 person (35.0%), secondary (6-11 points) 58 person (34.5%) and serious illness (more than 12 points) ,2 people (1.2 %). 101 people (57%) and nothing did the number of times of the incontinence of urine for 1 month, and 64 people came (36.4 %). There is no incontinence of urine by abdomen barometer, but 102 people met one with 65 people (36.9 %) (58 %).

Interpretation of results

They gathered in health education of the incontinence of urine which made a healthy lady the subject, a lady often held dysuria, and it became clear that objects with incontinence of urine and the OAB symptom gather much. I could think behavior therapy of a check-up encouragement, pelvis bottom muscle training and bladder practice was effective in the contents of health education.

Concluding message

They gathered in health education of the incontinence of urine which made a healthy lady the subject, a lady often held dysuria, and it became clear that objects with incontinence of urine and the OAB symptom gather much. I could think behavior therapy of a check-up encouragement, pelvis bottom muscle training and bladder practice was effective in the contents of health education.

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Is this a clinical trial?	No
What were the subjects in the study?	HUMAN
Was this study approved by an ethics committee?	Yes
Specify Name of Ethics Committee	The ethics committee in Mie university
Was the Declaration of Helsinki followed?	Yes
Was informed consent obtained from the patients?	Yes