

Voiding Dysfunction and Health Education Among APP delivery workers

A two-phase study on urinary habits and the impact of an online educational booklet



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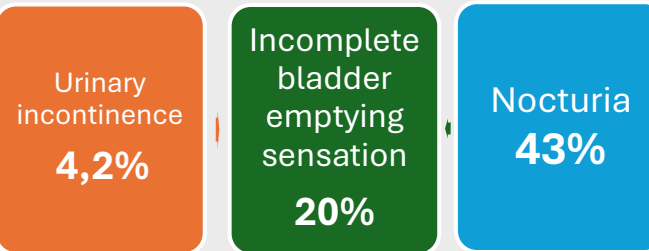


Background and Aims

Evaluate voiding dysfunctions and urinary habits among app delivery Workers, and assess the adherence and impact of online educational booklet

Urinary Symptoms

Phase 1



Intervention Adherence + Impact

Phase 2



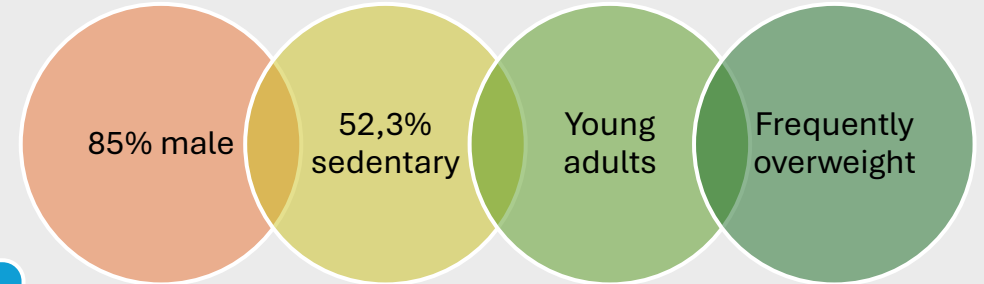
Study Design and Methods

Phase 1 - 256 Workers

Conversation circle + questionnaire

Phase 2 - 175 Workers

Booklet via Qrcode+ follow-up questionnaire



MAIN HABITS TO CHANGE

38%- Holding urine for prolonged periods
33,3% - Insufficient fluid intake
16% - Lack of physical movement

CONCLUSION

Targeted, accessible online health education promoted self-awareness, self-care and preventive action among app delivery workers

Despite low urinary incontinence prevalence, work routines expose workers to modifiable risk factors for voiding dysfunctions