

Individual Female Healthcare Professionals' Characteristics Linked to Urinary Incontinence: A Pilot Study of Self-Reported Prevalence



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Aims

To assess the **prevalence, severity, and risk factors** of UI among female healthcare professionals (FHCP).

Study design

Pilot cross-sectional study design.
The convenience sample - **493 FHCP** from primary and tertiary healthcare institutions.

Instruments

- 1. The ICIQ-UI-SF and The ICIQ-OAB
- 2. Risk factors questionnaire
- 3. UIKS and UIAS

Results

UI prevalence was 35.5%, with 21.1% reporting mild, 10.8% moderate, and 3.7% severe UI. None of the female healthcare professionals reported very severe incontinence.

OAB symptoms were reported by 53.1% of FHCP, and 32.5% reported mild, 19.7% moderate, and 1.0% severe.

The mean **UIKS score** was **19.23 ± 4.8 out of 30**, suggesting an average level of knowledge, while the **UIAS score** was **42.6 ± 4.1 out of 60**.

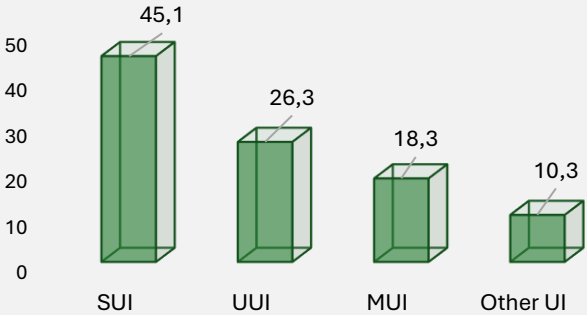


Figure 1. Prevalence of UI related to type

Table 3. Correlation between knowledge and attitude towards UI and occurrence of UI and OAB

	UIKS		UIAS	
	R	p	r	p
ICIQ-UI-SF	0.04	n.s.	-0.06	n.s.
ICIQ-OAB	-0.04	n.s.	-0.15	0.001

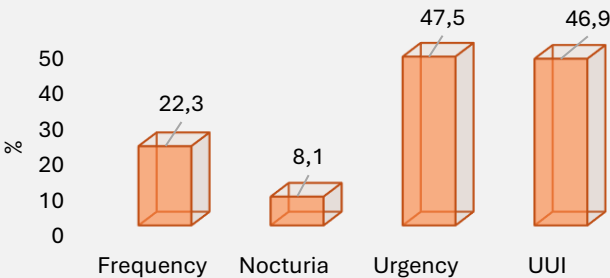


Figure 2. Prevalence of OAB symptoms

Concluding message

To truly address this issue, **FHCPs** and **policymakers** must recognise the **high prevalence of UI** and its significant impact. By raising this awareness, we can pave the way for effective strategies focused on **UI prevention, early intervention**, and improving their overall **quality of life**.

Table 1. Association between risk factors and urinary incontinence (ICIQ-UI-SF)

Characteristics			Urinary incontinence (UI)					
			No		Yes			
	n	%	n	%	n	%	p	Fi Cramer's V
Age								
19-30	139	28.2	100	31.4	39	22.3	0.01	0.14
31-45	176	35.7	118	37.2	58	33.1		
46-64	178	36.1	100	31.4	78	44.6		
Type of childbirth								
Vaginal	229	69.4	136	67.0	93	73.2	0.05	0.14
Caesarean section	90	27.3	63	31.0	27	21.3		
Both types	11	3.3	4	2.0	7	5.5		
Recurrent urinary tract infection								
No	427	86.6	283	89.0	114	82.3	0.05	0.10
Yes	66	13.4	35	11.0	31	17.7		

Table 2. Association between risk factors and Overactive Bladder (ICIQ-OAB)

Characteristics			Overactive Bladder (OAB)					
			No		Yes			
	n	%	n	%	n	%	p	Fi/Cramer's V
Age								
19-30	139	28.2	75	32.8	65	24.8	0.004	0.15
31-45	176	35.7	90	39.3	86	32.8		
46-64	178	36.1	64	27.9	111	42.4		
Body weight								
Underweight	19	3.9	12	5.2	7	2.7	0.02	0.12
Normal weight	362	73.4	178	77.1	184	70.2		
Overweight	112	22.7	41	17.7	71	27.1		
Chronic constipation								
No	451	91.5	218	94.8	233	88.9	0.05	0.10
Yes	42	8.5	13	5.6	29	11.1		
Recurrent urinary tract infection								
No	427	86.6	208	90.0	219	83.6	0.05	0.10
Yes	66	13.4	23	10.0	43	16.4		