393

Leung K M[1]
1. *Physiotherapy Department, Kwong Wah Hospital, Hong Kong*

LOW BACK PAIN AND URINARY INCONTINENCE

Hypothesis / aims of study
To describe the prevalence of urinary incontinence in low back pain patients and to investigate the association between low back pain and urinary incontinence in Chinese population.

Study design, materials and methods
Study design: Cross sectional study

Materials: Questionnaire of low back pain and urinary incontinence

Methods: The questionnaire, which investigates whether recent unrinary incontinence symptoms or recent low back pain symptoms exist, was distributed to female patients in physiotherapy out-patient department of Kwong Wah Hospital in Hong Kong.

Results
A total of 200 female patients answered the questionnaire. Their mean age was 54 (range 26-85) years. The majority of respondants with low back pain reported recurrent low back pain (87%). 16% (n=33) were nulliparous and 84% (n=167) were parous, whereas 55% (n=110) had delivered one to two babies. BMI was 24kg/m^2 (18-40 kg/m^2). 55% of respondants were over-weight.

The prevalence of urinary incontinence was 78% in women with recurrent low back pain (93 out of 119 patients with low back pain has urinary incontinence) among the 200 respondants. The existence of low back pain increased the risk of getting urinary incontinence for 6.77 times ($p<0.005$).

Age was found to be a risk factor for urinary incontinence in this study. The low back pain group of age >45 was foud to be associated with higher chance (OR = 7.5) of getting urinary incontinence than those patients of age <45 (OR = 4.2) in this study ($p<0.005$).

Interpretation of results
Prevalence of urinary incontinence was 78% in Chinese women with recurrent low back pain. Female patients with low back pain is associated with 6.77 times higher chance of getting urinary incontinence than those without low back pain.

Concluding message
Co-existing low back pain and urinary problems should be addressed and appropriate treatment should be given.

Treating patients with low back pain should be aware of possible leakage problems within this patient group.

Rehabilitation of urinary incontinence patients (frequent voiding, stress urinary incontinence, urge incontinence) may require abdominal muscles strengthening in addition to pelvic floor muscle training.

Disclosures
Funding: NONE **Clinical Trial:** No **Subjects:** HUMAN **Ethics not Req'd:** It is a cross sectional study involving a questionnaire without any treatment to the patients and no sensitive data is collected in this questionnaire. Therefore, no ethics committee approval. **Helsinki:** Yes **Informed Consent:** Yes