

PREVALENCE OF URINARY INCONTINENCE IN NULLIPAROUS WOMEN. ASSESSMENT OF PELVIC FLOOR SELF- EXERCISES IN NULLIPAROUS INCONTINENT YOUNG WOMEN.

Hypothesis / aims of study

Urinary incontinence (UI) is a chronic health complaint that severely reduces quality of life (QoL). According to data from the literature, the prevalence of UI in nulliparous women range from 5 to 51% [1].

In a multicenter randomized trial including 107 incontinent women aged 24 to 70 years, different methods of perineal rehabilitation were compared. The authors demonstrated the superiority of pelvic floor self- exercises over other methods [2].

In a RCT, authors demonstrated that intensive pelvic floor muscle training during pregnancy prevents postnatal urinary incontinence and significantly improves pelvic floor muscle strength [3].

The aim of the study was to determine the prevalence of urinary incontinence (UI) in nulliparous women and to assess the impact of self pelvic floor exercises on this urinary disorder and the quality of life (QoL).

Study design, materials and methods

This is a prospective observational study. Seven institutions participated to this study by agreeing to communicate to their students the address of a website where there was published a self-questionnaire of urinary symptoms and quality of life (ICIQ and Contilife). Women identified as incontinent were invited, after self pelvic floor exercises, to answer a second time the self-questionnaire to assess the evolution of their disorder.

The study was conducted from 15 October 2011 to 29 January 2012.

Results

The prevalence of UI was 29, 2% on a sample of 315 nulliparous women, aged 18 to 42 years. The high BMI, enuresis and recurrent urinary tract infections were significantly associated with risk of urinary leak.

Among women with UI, 26% of them underwent pelvic floor training during at least one month. A significant improvement in symptoms and QoL (ICIQ and Contilife scores) was demonstrated after self pelvic floor training.

Interpretation of results

The practice of self pelvic floor training could significantly improve symptoms and QoL of nulliparous women suffering from UI.

Concluding message

Self pelvic floor exercises should be recommended for young nulliparous women with urinary incontinence and to women at high risk of UI (high BMI, enuresis and recurrent urinary tract infections).

References

1. Nemir, R.P. Middleton. Stress incontinence in young nulliparous women. Am J Obstet Gynecol 1954; 68: 1166-1168.
2. K. Bo, T. Talseth, I. Holme. Single blind, randomized controlled trial of pelvic floor exercises, electrical stimulation, vaginal cones, and no treatment in management of genuine stress incontinence in women. Br Med J 1999; 318: 487-93.
3. C.M. Sampelle, J.M. Miller, B.L. Mims, J.O.L. Delancey, J.A. Ashton-Miller, C.L. Antonakos. Effect of pelvic muscle exercise on transient incontinence during pregnancy and after birth. Obstet Gynecol 1998; 91(3): 406-12.

Disclosures

Funding: None **Clinical Trial:** No **Subjects:** HUMAN **Ethics not Req'd:** Non-interventional observational study **Helsinki:** Yes **Informed Consent:** Yes