

OCCURRENCE AND RISK FACTORS FOR INCONTINENCE IN A SAMPLE OF PEOPLE FROM THE GENERAL POPULATION IN MANAUS, BRAZIL

Hypothesis / aims of study

Incontinence is a medical problem causing isolation, institutionalization of the elderly, and negatively impacts the quality of life in both the physical and, psychologically and socially^{1, 2, 3}. Knowing risk factors and epidemiological data can assist professionals in preventive measures and therapeutic interventions.

To investigate the occurrence and risk factors for urinary (UI) and anal incontinence (AI) in a sample of people from the general population.

Study design, materials and methods

This was a cross-sectional population-based epidemiological study to investigate incontinence, held in a neighbourhood, randomly selected, located in the urban area of the eastern city of Manaus (AM), after approved by the Ethics Committee Research at the University of the State of Amazonas (NO 121/09).

This neighbourhood had 152,670 residents. Using the sample size for infinite population with maximum variance [$p = 0.5$ and $(1-p) = 0.5$], 95% confidence ($Z = 1.96$) and sampling error of 5% - was obtained a sample of 384 people. Based on 16,396 households, it was calculated a visitation of 1 in every 42 households, with systematic random and haphazard. Only residents aged over 18 years were interviewed privately after all clarifications and signing the consent form. Of the total interviewed it was obtained a mean age of 37.7 ± 15.4 (18-88) years, 129 (33.6%) adults, 251 (65.4%) women, 208 (54.2%) of non-white ethnicity and, 68 (17.7%) with arterial hypertension. The mean vaginal and caesarean deliveries were, respectively, 3.8 ± 3.6 (1-16) and 1.7 ± 0.8 (1-3).

Data analysis was performed with SPSS version 16.0. Was used descriptive statistics and logistic regression model by putting in fifteen variables: age, ethnicity, gender, education level, occupation, income, number of dependents of the income, presence and number of chronic diseases, hypertension, diabetes, stroke, asthma, number of medications and gynaecological and colorectal surgeries. Variables were removed one by one, according to statistical significance, yielding the final model

Results

From the sample ($n=384$), 79 reported incontinence, 59 with IU, 9 with AI (4 with faecal) and 11 combined (CI). The occurrence values for overall incontinence was of 20.5%. Being 15.4% for UI alone; 2.3% for IA alone (1.0% for faecal) and 2.9% for IC. In the final logistic regression model, older age (OR = 1.021, $p < 0.001$), higher number of diseases (OR = 2.552, $p < 0.001$) and female gender (OR = 12.783, $p < 0.001$) were associated with the presence of UI. For AI, only diabetes mellitus showed significance (OR = 7.422, $p < 0.001$).

Concluding message

The occurrence of incontinence in general was of 20.5%, being 15.4% for UI alone. Female gender, older age and more number of diseases were risk factors for UI. For AI, only Diabetes was a risk factor.

References

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Disclosures

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