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Kruse A¹, Christiansen U¹, Lauszus F¹

1. Dept. of Gynecology, Herning Hospital

CHANGES IN INCONTINENCE, SF-36, AND BODY COMPOSITION FOLLOWING HYSTERECTOMY

Hypothesis / aims of study

To compare changes in incontinence, postoperative fatigue, quality of life, physical function, and body composition in patients who underwent hysterectomy.

Study design, materials and methods

Prospective follow-up study of 108 women with hysterectomy on benign indication were compared pre- and twice postoperatively. The incontinence was estimated by questionnaire. The fatigue level was scored on a visual analogue scale. Objective measurements were performed by dynamometer of handgrip, knee extension strength and balance, by ergometer cycle work capacity, and by impedance lean body mass. Quality of life was assessed using the SF-36 questionnaire.

We intended to include 102 women in order to detect a change in postoperative fatigue score of 2.0 with a SD of 2.8 with a power of 80 and α of 0.05.

Results

In total 43 women reported improvement of their incontinence after hysterectomy while 10 women reported deterioration of their incontinence. At regression analysis preoperative stress incontinence correlated with BMI ($r=0.25$, $p<0.01$) and urge incontinence with age ($r=0.24$, $p<0.02$). Further, improvement after hysterectomy in stress incontinence was associated with younger age ($r=0.20$, $p<0.04$). Improvement in urge incontinence was positively associated with BMI ($r=0.22$, $p=0.02$). Fatigue resumed to preoperative levels after 30 days. SF-36 revealed that the modality of 'Physical Functioning' and 'Role-Physical' remained significant decreased at the end of the study ($p<0.01$).

Interpretation of results

Hysterectomy was associated with improvement of incontinence concurrent with a slight reduction in physical performance assessed by SF-36 30 days after surgery. No impairment of performance was found in physical tests at day 13 and 30 postoperatively.

Concluding message

Improvement of incontinence is present 30 days after hysterectomy.

Disclosures

Funding: None. **Clinical Trial:** Yes **Public Registry:** No **RCT:** No **Subjects:** HUMAN **Ethics Committee:** Videnskabetisk Komité, Region Midtjylland, Denmark **Helsinki:** Yes **Informed Consent:** Yes