

PREVALENCE AND RISK FACTORS OF URINARY INCONTINENCE AMONG WOMEN DELIVERING IN A TERTIARY CARE CENTER OF NORTHERN INDIA

Hypothesis / aims of study

Urinary incontinence (UI) is a common problem in antenatal and postpartum period. It is known to have detrimental effects on quality of life in approximately 54.3 % of all pregnant women. However, the true prevalence of UI is still not known, especially in the South East Asia. The aim of this study is to investigate the prevalence and risk factors of urinary incontinence in post partum women.

Study design, materials and methods

200 women admitted in postnatal ward were interviewed using questionnaire over a period of six weeks. Detailed information regarding risk factors of urinary incontinence were included in questionnaire. Data was analyzed using SPSS 20 using chi square test. P value <0.05 was taken as significant.

Results

Total 200 women were interviewed and based on questionnaire 60.5% (121/200) women had urinary incontinence during antenatal period. In our study 32% (64/200) women had SUI, 26.5% (53/200) had urge incontinence and 9.5% (19/200) had mixed incontinence. The risk factors like constipation and chronic cough had significant association with urinary incontinence. The symptoms of incontinence during pregnancy increased with advancing gestation ($p=0.000$).

Interpretation of results

Urinary incontinence is a common and a neglected problem with poor healthcare seeking behaviour. SUI is more common in pregnant women than urge or mixed incontinence.

Concluding message

Obstetricians need to ask leading questions in pregnant women to diagnose the problem with intention to treat.

Disclosures

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