

## URINARY INCONTINENCE PREVALENCE IN OLDER THAN 65 YEARS OLD IN GALICIA. YEAR 2015, GENERAL POPULATION

### Hypothesis / aims of study

Urinary Incontinence (UI): Defined as “involuntary loss of urine, objective observable and which produce a social and/or hygienic problem”

Urinary Incontinence is a Hidden Syndrome, where Primary Care has a vital role to engage the problem. If Urinary Incontinence is treated in Primary Care, Quality of Life would be improved. If case goes worse, we should lead it to the specialist doctor for further evaluation. We should remember that one on three people, non-related with the health system, older than 65 years old, is incontinent.

The aim of this study is to find prevalence of Urinary Incontinence (UI) in Galicia, on general population older than 65 years old. There are no studies available, consequently we consider necessary to quantify the issue.

### Study design, materials and methods

We design a descriptive study, based on interviews done personally by 21 doctors to each people of the sample. Sample size was calculated by EPIDAT program. Sampling points were obtained by a random proportional process to Galician population (Spain).

First step to write this paper was a bibliography research about UI and factors which can affect it, specially researching similar studies based on the same geographical context. Method to research bibliography was based on the strategies proposed by Martín-Moreno & Cols, with descriptors and logical operators to research by CD-ROM on the MED-LINE database, and reviewing different bibliographical index related with health sciences (Index Medicus, Índice Médico Español, Current Contents, Excerpta Médica, etc)

350 interviews were done, in 12 different cities: A Coruña: Santiago, Boiro and Serra de Outes. Lugo: Lugo, Begonte, O Corgo and Vilalba. Ourense: Ourense and San Cristobal de Cea. Pontevedra: Vigo, Vilagarcía, Pontevedra and Redondela.

To know exactly which people would participate in the study, random selection was done, from 5 to 5, from the patients of each doctor participating in the study. First predetermined number of people was calculated based on the rate of women and men. All members of the study were previously informed about the aim of the study by letter. After that, each participant was contacted (or a relative if the participant was disabled) to conclude an appointment to make the quiz. Written Informed consent was requested to participate in the study.

Once interviews were finished, all data was integrated on a database to proceed to the statistical analysis.

### Results

UI prevalence in Galicia in the year 2015, in older people than 65 years old is 35'14%.

### Interpretation of results

Result shows that on general population without contact with Health System (people from the study was random and they have not direct relation with the System) an important percentage of population suffer this syndrome and they do not receive any treatment to improve their Quality of Life.

It is important to notice that Primary Health Care doctors can do a good work if they can, first, diagnose this problem; second, discover which Urinary Incontinence suffer; and, third, directly treat the syndrome or redirect the patient to the specialist doctor if it is necessary.

With few medical tests but a good medical history (standard protocol needs less than 3 minutes), we can diagnose it, one of the most prevalent problem on Primary Health System.

### Concluding message

Urinary Incontinence is an important health condition, one on three people older than 65 years old suffer it. Almost twice as many women than men suffer UI.

Urinary Incontinence is a Hidden Syndrome, but using a good medical history it can be treated, which improves Quality of Life and prevents the consequences, with less social and medical costs. Correct diagnose and treatment also reduced considerably the economic cost.

### Disclosures

**Funding:** No **Clinical Trial:** No **Subjects:** HUMAN **Ethics Committee:** Comité Ético de Galicia **Helsinki:** Yes **Informed Consent:** Yes