

THE EFFECT OF URINE LEAKAGE AMOUNT ON THE PERCEIVED DRYNESS SENSATION AND QUALITY OF LIFE IN WOMEN WITH MIXED URINARY INCONTINENCE: A RETROSPECTIVE STUDY

Hypothesis / aims of study

Urinary incontinence is a common, complex problem that affects women of all ages and affects the quality of life of women. The quality of life can be defined as the perception of the state of life in terms of the system of cultural values in which the individual lives and their own expectations (1). It was reported that mixed urinary incontinence type affected quality of life of women the most (2). This study was planned to investigate the effect of urine leakage amount on the perceived dryness sensation and quality of life in women with mixed urinary incontinence.

Study design, materials and methods

268 women with mixed urinary incontinence symptom participated in the study. The women with mixed urinary incontinence who were older than 18 years of age and able to speak Turkish participated in the study. The women, who did not have cooperation and did not have an assessment form and had a mental problem, neurologic disorder and psychological illness and were pregnant, were excluded. The physical and socio-demographic features of the women were recorded. Women were classified as mild (1-10 gr), moderate (11-50 gr), and severe (50 gr and more) after the urinary leakage amount was determined by 1-hour pad test (3). The perceived dryness sensation of the women was assessed by a 10-cm visual analogue scale (VAS), their incontinence severity was assessed by incontinence severity index (ISI) and their quality of life was assessed by quality of life specific to urinary incontinence (I-QOL). In the VAS assessment, women were asked to mark the severity of the perceived dryness sensation on a line. The left side of the line means I feel dry, while the right side of the line means that the severity has increased and at the far right I have been feeling constantly wet. Whether the numerical properties in each group showed normal distribution was assessed by Kolmogorov Smirnov test. Kruskal-Wallis test and post hoc Dunn test were used for comparisons. The statistical significance level was accepted as $p \leq 0.05$ and SPSS version 20-demo program was used for estimations.

Results

It was found that the difference between the average age of the women classified according to the pad test and that this difference was caused by women with mild to moderate urinary incontinence ($p=0.02$). The comparison of the incontinence severity showed that there was a difference between the mild and moderate and the mild and severe incontinence ($p \leq 0.05$). Considering the perceived dryness sensation and quality of life of the women, it was found that there was a difference according to classification and that this difference was between mild to severe and moderate to severe ($p < 0.001$) (Table 1).

Table 1. Comparison of physical features, perceived dryness sensation, incontinence severity and quality of life according to pad test

	Pad test			p1	Group comparison	p2
	Mild n=158	Moderate n=52	Severe n=58			
Age (year)	54,62±11,60	49,50±10,72	52,68±12,10	0.021*	Mild-Moderate Mild-Severe Moderate-Severe	0.02* 0.624 0.618
Body Weight (kg)	77,61±13,31	77,61±12,84	78,02±13,10	0.925		
Body Height (m)	1,56±0,06	1,57±0,06	1,57±0,06	0.996		
Body Mass Index (kg/m ²)	31,56±5,44	31,32±5,49	31,59±5,32	0.919		
VAS-Perceived dryness sensation (cm)	5.57±2.90	6.15±3.00	8.27±1.91	<0.001*	Mild-Moderate Mild-Severe Moderate-Severe	0.712 <0.001* <0.001*
ISI	7.60±3.21	8.80±3.27	9.77±2.70	<0.001*	Mild-Moderate Mild-Severe Moderate-Severe	0.038* <0.001* 0.451
I-QOL	39.28±22.75	47.51±21.73	64.05±19.14	<0.001*	Mild-Moderate Mild-Severe Moderate-Severe	0.096 <0.001* <0.001*

p1: Kruskal- Wallis test

p2: post hoc Dunn test

* $p \leq 0.05$

Interpretation of results

Although women with mild to moderate urinary incontinence had a significant difference in severity of incontinence, the perceived dryness sensation and quality of life were similar.

Concluding message

There may be many social and cultural reasons underlying women's mild urinary incontinence being affected as much as women with moderate urinary incontinence. It was seen that the majority of the women who participated in the study attempted to stay dry in order to fulfill their religious obligations based on our clinic experiences despite their results could not be shown objectively. There is a requirement that an ablution must be performed in order to pray in Muslim societies. Since urinary incontinence is one of the conditions spoiling ablution, we think that the obligation to stay dry for worshiping affected the quality of life and perceived dryness sensation of the women negatively.

References

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