

DETERMINATION OF INCONTINENCE FREQUENCY AND QUALITY OF LIFE IN MENOPAUSAL WOMEN

Hypothesis / aims of study:

This study was directed towards evaluating incontinence frequency and quality of life in menopausal women.

Study design, materials and methods

This cross-sectional study was aimed obtaining menopausal women who applied to the family health centers (FHC) in Samsun province between February and July 2017. The universe of this study was the menopausal women who apply to Family Health Centers in Samsun. Sample selection was not preferred and it was planned to include all the menopausal women who applied to Family Health Centers and agreed to participate to the study. The data were collected by face-to face interview technique and with using a questionnaire which was developed by the researchers in light of the literature, contained 32 questions and UDI-6 scale. The data were analyzed with SPSS 21 and evaluated with percentages, mean and correlation

Results

The mean age of the women was 53.9 ± 8.91 years and menopause age was 46.63 ± 5.08 years. 58.6% of the women experienced involuntary incontinence problem. 27.9% of women who experience urinary incontinence are experiencing this problem for longer than 5 years, 68.0% did not do anything when they first missed urine and 24.0% applied to a doctor. It was found that women suffering from urinary incontinence had a moderate level of discomfort. Fifty percent of women said that urinary incontinence had a negative effect on social life and 30% had negative effects on sexual life. The average total score of UDI-6 scale was 28 in menopausal women.

Interpretation of results

In the present study, despite the more than half of women live for about 1 years with the negative effects of urinary incontinence problem and low effects of quality of life, they have poor seeking help behaviors.

Concluding message

In Turkey, it may be suggested that midwives and nurses working in primary healthcare services plan and implement screening programs for risk group women and increase their awareness level on health education programs.

Disclosures

Funding: There wasn't no funding **Clinical Trial:** No **Subjects:** HUMAN **Ethics Committee:** Ondokuz Mayıs University Clinical Research ethics committee **Helsinki:** Yes **Informed Consent:** Yes