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**QUANTIFICATION OF URINARY INCONTINENCE
IN ELDERLY MEN**

AIMS OF THE STUDY: - The pad test and the frequency-volume (FV) chart are widely used clinical tools for the quantification of urinary leakage and micturition [1-3]. The aim of this study was to evaluate the ability of elderly men of various ages to perform a 48-hour pad test and a FV-chart.

METHODS: - 221 consecutive, non-institutionalised men (aged 65-98 years), who attended the Continence Clinic were invited to perform the tests while at home. A medical history was taken, and cognitive function was assessed using the Mini Mental State Examination, MMSE [4]. Instructions were given both by a physician and a specially trained nurse. The men were supplied with absorbing penile pads with an outer plastic sheath (Mölnlycke Consumer Products, type *Frans Extra*[®]) and self-sealing plastic bags. Written information including a FV-chart was given to the men. After usage, the pads were to be placed into the plastic bags, weighed and returned to the Continence Clinic for control weighing.

RESULTS: - 97 men (65-89 years of age) completed the pad test. In the table are shown the ages of the men, the results from the MMSE (maximum 30) and the number of men living with a spouse (mean ± SD):

	n	age	MMSE	living with a spouse
completed the test	97	72.9±4.8	29.7±1.0	85.6 %
not compl. the test	124	76.8±7.2	29.2±1.6	66.9 %
		p<0.001	p<0.01	p<0.01

The results from the pad weighings performed by the patients and the controlled weighings performed at the Clinic (g/48 hrs) are shown below:

age	n	pat weighing	weighing at Clinic	
≥ 75 years	39	52.5±204.7	55.4±203.4	N.S.
< 75 years	58	15.8± 20.6	18.0± 27.1	N.S.

The FV-chart was completed by 168 men of the ages 65-89 years. Data are shown in the table:

	n	age	MMSE	living with a spouse
completed the test	168	73.8± 5.3	29.7±1.0	81.8 %
not compl. the test	53	79.4±8.3	28.9±1.9	60.0 %
		p<0.001	p<0.001	p<0.01

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The following data were obtained from the charts:

age	n	micturitions per day	micturated volume (ml)		
			total	mean	maximum
≥ 75 years	81	8.2±2.6	1581±519	203± 71	344±132
< 75 years	86	7.4±2.4	1596±656	228± 96	401±200
		p<0.05	N.S.	N.S.	p<0.05

DISCUSSION, CONCLUSION: - The number of micturitions per day and the maximal micturated volume were larger in the older men, whose leakages were greater, compared to the men below 75 years of age. The men who completed the 48-hour pad test and the FV-chart were fewer than that reported from comparable studies in women. Important factors for successfully completing the tests were age, living with a spouse and cognitive functions. Other reported reasons for not completing the test were forgetfulness, impaired vision and bad motivation.

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- 3 J Psychiatr Res 1975; 12: 189-98.