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Title: THE IMPACT OF URINARY INCONTINENCE IN PATIENTS' QUALITY OF LIFE

Aims of Study:

To determine the impact of quality of life(QOL) in incontinent patients.

Methods:

Between January and September 1999, we prospectively analyzed the impact of QOL in 72 consecutive women with a complaint of urinary incontinence. The patients underwent focused history and physical examination including a standardized QOL questionnaire. This previous validated questionnaire, consisted of 22 questions regarding daily life activities, with a scale of bothersome, grading 1–4, and sub divided in action limitation, psychological impact, and social embarrassment for a more detailed analysis. All the patients underwent urodynamic investigation(UDS) with 24Fr urethral catheter and a rectal balloon catheter, medium fill, with cystometrogram, valsalva leak point pressure, and pressure/flow study for the final diagnosis. Based on their clinical evaluation, they were classified as having stress symptoms(SS), irritative symptoms(IS) and mixture symptoms(MS). The final diagnosis based on UDS was sub classified as: stress incontinence(SUI) presumed detrusor overactivity(PDO), defined detrusor overactivity(DDO) and mixture (SUI + DO).

Results:

There was no significant statistical difference in the score of QOL between the groups based on the final UDS diagnosis. When comparing the groups based only on their clinical diagnosis patients with SS had a better QOL than patients with IS, and these had a better QOL than MS patients.

Conclusions:

QOL is symptom dependent rather than UDS dependent. It should be used as an adjuvant treatment outcome to more objective measures in incontinent patients as it will show the perception of cure/improved based on the patient symptomatic improvement.

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