

PREVALENCE OF URINARY AND FAECAL INCONTINENCE AND ITS EFFECTS ON QUALITY OF LIFE OF OLDER PEOPLE LIVING IN RESIDENTIAL AND NURSING HOMES

Aims of Study

The present study aims at determining the prevalence urinary and faecal incontinence and its effects on quality of life of older people living in public residential and nursing homes in Istanbul, Turkey.

Methods

Out of 9 public residential and nursing homes in Istanbul 4 were included in this study. All the residents (n=412) who were mentally well and who agreed to participate in the study were interviewed face to face. The mental health and functional ability of each resident were assessed by the Mini-Mental State Examination (2) and Rankin Scale, respectively (5). To determine the extent of incontinence and related risk factors an evaluation form developed by the authors were used while the effect of incontinence on the quality of life was evaluated using King's Health Questionnaire (1).

Results

62,3% of the residents participated in the study were women and 37,7% men. Their mean age was 78.5 with 8.6 standard deviation. 42,4% had high education, 37,3% elementary school education, 8.8% were literate, and the remaining illiterate.

Body Mass Index showed that 36,5% were normal (18.5-24.99), 45% obese. Approximately 30% had a neurological diseases (Alzheimer, Dementia, Parkinson, etc.), 80% had chronic illnesses such as heart disease, high blood pressure, diabetes.

25% (n=103) suffered from urinary incontinence, 5,3% (n=22) from faecal incontinence 61.2% of the urinary incontinent used pads because of their problem.

10,9% had excessive urinary incontinence problem. According to their answers to the questionnaire forms, 13,5% were stress incontinence, 34,8% urge incontinence, 25,8% mixed incontinence. The quality of life of elderlies was observed to deteriorate severely causing them feel depressed and social isolation.

Conclusions

Compared to the reports in literature (3,4), which indicate an incontinence rate of approximately 50%. The prevalence of urinary incontinence in older people living in residential homes in Turkey (25%) is noticeably less. The reason may be attributed to the fact that a greater percent of elderly people in Turkey live with their relatives in homes and no reports concerning these people are available. In order to clarify this point further it is necessary to conduct a study investigating the conditions of elderly people living in homes.

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