

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.

Study design, materials and methods

Out of 9 public residential and nursing homes in Istanbul 5 were included in this study from January 2002 to march 2003. All the residents (n=694) who were mentally well and who agreed to participate in the study were interviewed face to face. 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). The mental health and functional ability of each resident were assessed by the Mini-Mental State Examination (2) and Rankin Scale, respectively (3).

Results

56.5% (n=392) of the residents participated in the study were women and 43.5% (n=302) men. Their mean age was 76.32 ± 8.05 and they were living since mean years 6.5 ± 6.7 in institution. 57.2% were educated in elementary school.

Approximately 37.3% had a neurological disease (Alzheimer, Dementia, Parkinson, etc.), 71.8% had chronic illnesses such as heart disease, high blood pressure, diabetes and 78.8% had taken to continuous medicine. 16.3% had urinary infection frequently. More than half of residents had constipation complaint.

Mean menopause age of women residents was 45.97 ± 7.40 and mean menopause duration 32.42 ± 10.44 years. 9.6% had taken to HRT, only.

33.6% (n=233) suffered from urinary incontinence, 10.5% (n=73) from faecal incontinence 46.8% urinary incontinent had more than one a day urinary incontinence episode and 22.3% of the used pads because of their problem. But, ¼ of the incontinent residents were call for treatment.

Urinary incontinence prevalence is reported high in women (43.4%) more than men (20.9%) significantly (.000). Likewise, faecal incontinence was frequent in women (14.3%) according to men (5.96%). 88% of incontinent women had weared pad significantly more than men (.000). Urge incontinence was the most frequently encountered type in both of the sex, but the men had more high prevalence significantly (.018).

1/3 had frequency, ¼ had urgency symptoms and women residents had these complaints more often than men.

The quality of life of residents was evaluated using King's Health Questionnaire. There is percentage subscale of the King's Health Questionnaire in table 1.

Table.1

1.	General health perceptions	: 31.7%
2.	Incontinence impact	: 13.5%
3.	Role limitations	: 10.9%
4.	Physical limitations	: 12.2%
5.	Social limitations	: 10.4%
6.	Personal relationships	: 7.2%
7.	Emotions	: 13.7%
8.	Sleep/energy	: 13.4%
9.	Severity measures	: 20.7%

According to data of King's Health Questionnaire, no significant impact on the quality of life of incontinent persons.

Concluding message

Compared to the reports in literature (1), which indicate an incontinence rate of approximately 50% the prevalence of urinary incontinence in older people living in residential homes in Turkey (33.6%) is noticeably less. The reason may be attributed to the fact of admission criteria for institution is to be mentally and mobility well and be able to carry out his /her personal selfcare. Also the findings may be resulted from the traditional approach of Turkish people towards living with their relatives in homes not in institutions. It makes it difficult to determine the exact percentage. . In order to clarify this point further it is necessary to conduct a study investigating the conditions of elderly people living in homes.

References

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