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WHICH IS THE BEST METHOD TO BE ACCEPTABLE ENLIGHTENMENT ACTIVITIES FOR INCONTINENCE PATIENTS?

Hypothesis / aims of study

Many female were distressed from urinary incontinence. Recently, it is revealed that the number of urinary incontinence patients has been increased. The treatment of urinary incontinence has been attracted the public attention, since World Health Organization announcement in 2001 that three diseases, "dementia, osteoporosis and urinary incontinence" would be overcome during this century. However, many patients hesitate to visit medical facilities to be treated their symptoms. For especially, young or middle aged female tend to be patient for urinary incontinence in Japan. Therefore, it is considered that enlightenment activities concerning urinary incontinence and voiding dysfunction is widely needed. There are many methods of enlightenment activities by medical stuff. However, it is unclear which the best method to be acceptable enlightenment activities for incontinence patients. The present research was aimed to know the acceptance for enlightenment activities and detail information of urinary incontinence patients from the patient viewpoint.

Study design, materials and methods

We had charge-free consultation using phone for urinary incontinence in our city from two years ago. When the charge-free consultation using phone for urinary incontinence was planned, we announced about this event with local newspaper, radio and television program. These events were hold from 10:00 to 15:00 for 6 days last year and from 13:00 to 16:00 for 4 days this year. Nursing stuffs who are major to urinary incontinence care answered to the questions. Seventy-one patients offered to consult about urinary incontinence, they were surveyed about their status and enlightenment activities of urinary incontinence.

Results

Seventy-one patients were all females, and their age ranged was from twelve to eighty-three years old, with an average of 61.5 years old. Sixty-seven of patients (94%) called by oneself and four patients (6%) were consulted by their family. Fifty-four patients (76%) got the information this event from the newspaper, 16% patients were from the television and 3% patients were from the radio. There were most calls at 13:00 to 14:00. Many of them were distressed about the down regulation of quality of life, so that they couldn't exercise or go out because of urinary incontinence. Sixteen patients (21.8%) have been distressed since 5 years without care of incontinence. After the consultation using phone for urinary incontinence, 39 patients (54.9%) visited to our hospital to treatment for their incontinence.

Interpretation of results

In this study, it is revealed that many urinary incontinence patients hoped to consult or to be treated their incontinence. However, they had no chance to consult their symptoms. It was considered that news paper was most useful methods to be accepted for patients about enlightenment activities of incontinence.

Concluding message

Enlightenment activities are important to care urinary incontinence. In the future, Enlightenment activities via internet may be useful for urinary incontinence care.