

PREVALENCE OF URINARY INCONTINENCE (UI) AND OVERACTIVE BLADDER (OAB) AMONG INSTITUTIONALIZED PERSONS OVER THE AGE OF 65 IN SPAIN

Hypothesis / aims of study

To determine the prevalence of urinary incontinence and overactive bladder syndrome among institutionalized persons over the age of 65 in Spain, and to examine the relationship of these conditions with bio-demographical data such as gender, age, medical co-morbidity, health resources consumption (use of absorbent materials), and patient reported outcomes (PRO).

Study design, materials and methods

This epidemiological cross-sectional study was carried out between June and September, 2005, by means of a face-to-face interviews with institutionalized people older than 65 years of age who were not cognitively impaired.

This study was approved by the Ethical Committee.

The study was conducted in 28 geriatric residences, either private or state-run, in Valencia and Albacete (areas of Spain which are representative of the whole country in terms of the ratio of private/state-run residences).

Patient reported outcomes to determine the overall health was graded as very good, good, fair, poor and very poor.

The total sample size of 1000 persons was determined to be sufficient to obtain a 95% precision rate (confidence interval $\pm 3\%$) in the primary outcome, the prevalence of UI and OAB.

Of the 1021 persons interviewed, 25 were excluded due to lack of information relative to age. 996 were considered valid for statistical analysis.

Results

996 institutionalized people over the age of 65 were included in the study. The distribution by sex was: 28.01% men and 71.99% women. The average age was 81.9 ± 7.2 (women 82.6 ± 7.0 , men 80.0 ± 7.6).

52.5% were widowers, 27.2% singles, 14.9% married, and 4.1% divorced.

Regarding medical co-morbidity, 77.5% had chronic disorders (with hypertension and diabetes being the most frequent), and 54.5% had mobility limitations (e.g. for bathing or showering, and the inability to take short trips away from the institution were the main limitations among those interviewed).

Patient reported outcomes (overall health) were good or very good in 50.4% of those interviewed, fair in 35.0%, and poor or very poor in 11.0%.

When defined in accordance with the ICS Terminology Report (2002), the OAB prevalence in this population was 40.3% (40.5% women, 39.8% men). No gender differences were found. The percentage of "OAB with incontinence" was 31.2% and that of "OAB without incontinence" was 68.8%. In this OAB population, 77.7% had at least one episode of urgency per day.

The prevalence of UI, defined as at least 1 episode per year (in the preceding year), was 45.8% (50.5% among women, 33.7% among men). Even when a more stringent definition of UI was applied (more than three times per year in the preceding year), the prevalence of UI remained the same (42.7%). In this UI population, 75.2% had at least one episode of UI per day.

With respect to the use of absorbent material in the UI population, 32.0% used adult diapers, 15.0% used bariatric briefs and 1.1% used adult liner.

Interpretation of results

The prevalence of OAB and UI in the institutionalized Spanish population over the age of 65 is high, and is similar to prevalence rates reported previously in this population.

No gender differences were found in the prevalence of OAB syndrome. However, UI is more prevalent in women than in men.

Notably, the rates of use of absorbent materials are high in the institutionalized people over the age of 65.

Concluding message

Overactive bladder syndrome and urinary incontinence are pathologies with a high prevalence among institutionalized patients.

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HUMAN SUBJECTS: This study was approved by the Comité Ético Hospital Clínico San Carlos, Madrid, Spain and followed the Declaration of Helsinki. Informed consent was obtained from the patients.