PREVALENCE AND RISK FACTORS FOR URINARY INCONTINENCE IN PREGNANCY IN A LOW-RESOURCED SETTING

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Introduction

In developing world, antenatal clinic programs are directed towards prevention and management of life threatening pregnancy complications like eclampsia, hemorrhage and other devastating morbidities like obstetric fistula due to the high burden of such complications in the environment. However, there are some other conditions that impact negatively on the quality of life of pregnant women; one of such is urinary incontinence (UI).Many sufferers don't even complain to their care givers; a situation Adaji et al described as suffering in silence. There is therefore a need to know the burden of UI in pregnancy and its impact on the quality of life of pregnant women in low resourced setting. The aim of this study was to determine prevalence and risk factors for urinary incontinence in Nigeria

Methods

This study was a cross-sectional prospective study conducted at the State Specialist Hospital, Ikere-Ekiti, Ekiti State, Nigeria between July 2017 and September 2017. It involved 442 pregnant women receiving antenatal care at the hospital. Ethical approval was obtained from Ethics and Research Committee of the hospital. Data was obtained with English version of validated International Consultation on Incontinence Questionnaire—Urinary Incontinence—Short form (ICIQ-UI-SF).Data was analyzed with SPSS version 20. A p value of 0.05 is taken as statistically significant.

Results

The prevalence of UI in this study was 28.1%. The mean ICIQ score was 5.65± 4.50. Out of the 124 affected women, 73(58.9%) reported no lifestyle changes due to urinary incontinence. About half of those with lifestyle changes had interference with sexual relations especially those with higher ICIQ scores. There were statistically significant associations between UI in pregnancy and ethnic group (χ^2=9.67,p=0.022), BMI (χ^2=8.10,p=0.03), educational status (χ^2=8.74,p=0.033), trimester (χ^2=9.62,p=0.008), mode of previous delivery (χ^2=31.60,p<0.0001); and previous perineal laceration. (χ^2=4.01, p=0.04)

Conclusions

UI affected more than a quarter of pregnant women, with substantial effect on lifestyle; and sexual relation was the most affected activity. Health care providers should endeavor to enquire about symptoms of UI among pregnant women.

References

Adaji SE, Shittu OS, Bature SB, Nasir S, Olatunji O. Suffering in silence: pregnant women's experience of urinary incontinence in Zaria. Eur J Obstet Gynecol Reprod Biol 2010; 150:19-23.