**ABSTRACT**

Hypothesis / aims of study: ICS recommends pelvic floor muscle training to be first choice of treatment for stress and mixed urinary incontinence in women [1]. Based on the report presented by the 4th ICI, there is Level 1 evidence that pelvic floor muscle training programs are found to treat stress and mixed urinary incontinence[2-4].

This study was a prospective one, looking into the value of structured PFMT in treating UI as elderly women who are refraining from surgery. Study design and methods: The study comprised women referred to_voicing dysfunction unit during a period of six months. They were aged ≥ 60 years, having stress, urge or mixed UI for at least 1 year with free neuromuscular examination, unwilling to undergo surgery for their UI. They should be able to cooperate in the program able to provide an informed consent. Data collected included socio-demographic and UI risk factors. The type and onset of UI, number of pads, stress test and physiology of lower urinary tract (First session) and personal hygiene and lifestyle modifications (Second session).

Training consisted of two parts: First, a theoretical part on pelvic floor muscle anatomy and physiology which lasted approximately 1 hour, and second, the practical part which included PFMT (3 sessions).

RESULTS

Endpoints:

- **Diary:**
  - Study group: Pre: 1892 ± 2693, Post: 1794 ± 2638
  - Control group: Pre: 1625 ± 2704, Post: 1763 ± 2572

- **Fluid intake (ml):**
  - Study group: Pre: 1848 ± 2140, Post: 1716 ± 2233
  - Control group: Pre: 1812 ± 2068, Post: 1716 ± 2232

- **Urine output (ml):**
  - Study group: Pre: 568 ± 2.28, Post: 675 ± 1.96
  - Control group: Pre: 517 ± 2.28, Post: 640 ± 1.96

**Questionnaire:**

- **UDI-6:**
  - Study group: Pre: 56.4 ± 15.8, Post: 47.5 ± 17.1
  - Control group: Pre: 42.4 ± 19.7, Post: 54.7 ± 14.5

- **BQI:**
  - Study group: Pre: 75.8 ± 18.5, Post: 96.2 ± 18.8
  - Control group: Pre: 42.9 ± 23.1, Post: 71.4 ± 19.0

- **BQI:**
  - Study group: Pre: 40.5 ± 27.6, Post: 75.0 ± 15.3

**CONCLUSIONS**

Elderly women in our locality have predominantly mixed incontinence. The combination of BT with instructed PFMT had positive effect on any incontinence. The effect is maintained at 4 months and it involved quality of life, voiding diary variables and pad test. More extended follow up of those women is underway, to confirm durability of results.

**REFERENCES**
