

Dios Diz J M¹, Zuazagoitia Nubla J F², Henríquez Betancor J S³, Brenes Bermúdez F J⁴, Merlo Loranca M⁵, García Cepeda J R¹, Quintás Ares M¹, Corrochano Santos J R¹, Ramos Calviño P¹, Rodríguez Pérez C¹, Vázquez Fernández L A¹

1. Sergas (Servicio Galego De Saúde), 2. Servicio Vasco de Salud, 3. Servicio Canario de Salud, 4. Servicio Catalán de Salud, 5. Servicio Madrileño de Salud

SOCIO-SANITARY SURVEY ON URINARY INCONTINENCE IN SPAIN, 2008

Hypothesis / aims of study:

It is an elevated Prevalence health problem, but to date not many studies of this kind have been made. The survey will be accomplished among General Population unrelated to the Health System in people older than 40 (stratified by age: 40 to 64 years old, 65 to 74 years old and older than 75) and attempting to obtain data inexistent in actual bibliography. This issue is highly interesting taking into account that we will give socio-sanitary data which does not exist today. It will reflect the grade of interest among this field's professionals and will open a rank of future action possibilities based on the protocols later explained.

A) General Aim: Socio-Sanitary Data in UI. Linking Urinary Incontinence with Life Quality.

B) Specific Aims:

- To value the Health Professional's interest on UI.
- To link UI with Everyday's Activities.
- To get to know if there are significant UI Prevalence differences in sexes and in ages.
- To get to know if there are significant Prevalence differences in different socioeconomic and cultural factors.

Study design, materials and methods:

The work's design corresponds to a transversal study where a rank of variables will be analyzed allowing us to describe UI's Prevalence as well as the incidence that determined socioeconomic and cultural factors can have in 40-year-old people and older. The information is obtained through a poll.

Universe, target population: people older than 40 residing in Spain, year 2008.

- Analysis Unit: Spanish people older than 40 affiliated to the National Health System (Seguridad Social) in 2008.
- Sphere: Spain.
- Field Work Date: From February 15th to March 15th of 2008.
- Sample Error: with a sampling error of 5%, an Urinary Incontinence proportion of 33% and a confidence level of 99% the sample consists of 587 polls.
- Sampling Method: aleatory simple sampling.

Size (real sample): 587 Spanish people. 600 interviews will be done.

Results:

The Prevalence of UI in Spain in people older than 40 in 2008 is 28,33%. In relation to Life Quality and according to the ICIQ-SF test we found a range between 2 and 11 among those who showed UI, with an average of 7,63.

Being asked about "the interest showed by your Family Doctor on this issue" answers reflected that 65% of Family Doctors NEVER asked about UI to Incontinent patients.

To the question "Why didn't you have consultation about this problem with your Family Doctor?" 22% answered that they "were ashamed", 7% answered "because I don't know him enough", 28% answered "I thought it would cure by itself", 32% answered "because it is something that comes with aging and there is nothing to be done about it" and 11% answered "because I thought I would suffer painful tests".

Interpretation of results:

Considering the results we observe the high prevalence of this Syndrome as well as the little interest showed by sanitary professionals on this issue.

It demonstrates that Life Quality among these patients is affected in a very important manner, even interfering in their Everyday's Activities. We acknowledge that studies of this kind with general population are necessary to understand a pathology considered "taboo", and that the diagnosed here is only the tip of the iceberg.

Concluding message:

Sanitary professionals and Administrations should dedicate higher efforts to this issue because with a simple following of some minimal basic protocols UI patients would achieve far higher improvements in their Life Quality.

| | |
|---|-----------------------------------|
| <i>Specify source of funding or grant</i> | No grants |
| <i>Is this a clinical trial?</i> | Yes |
| <i>Is this study registered in a public clinical trials registry?</i> | No |
| <i>What were the subjects in the study?</i> | HUMAN |
| <i>Was this study approved by an ethics committee?</i> | Yes |
| <i>Specify Name of Ethics Committee</i> | SERGAS (Servicio Galego de Saúde) |
| <i>Was the Declaration of Helsinki followed?</i> | Yes |
| <i>Was informed consent obtained from the patients?</i> | Yes |