#144 The effect of a self-care programme on urinary incontinence and self-esteem in elderly men dwelling in nursing homes in Iran

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ABSTRACT

Aim: The aim of this study was to examine the effect of a self-care programme on UI and self-esteem in elderly men dwelling in nursing homes in Iran.

Materials and methods: Sixty-one elderly men (aged 60–75 years of age), at two different sites and living in nursing homes in the west of Iran, suffering from urinary incontinence were included in this study. Participants were selected using convenience sampling based on selected and randomized criteria in experimental and control groups. Data were analysed using SPSS vesion18 (SPSS Inc., Chicago, IL).

Results: A significant decrease in the mean scores of ICIQ-SF in the experimental group compared with the control group following intervention (p<.001). Furthermore, a significant increase was observed in self-esteem in the experimental group compared to the control group (p<.001).

Conclusion: Implementing such an intervention has shown to be useful in managing both UI and improving self-esteem in this patient population.

RESULTS

The mean age of the patients was 68.18 years (SD 4.29). The age range was between 60 and 75 years. All patients were male. The majority were widowed (69%) and the number of single, divorced and married patients was 16.4%, 11.4% and 3.3%, respectively. Baseline demographic characteristics of patients in experimental and control groups were similar. There was a statistically significant decrease in the mean scores of UI severity in the experimental compared to both the baseline and the control group at 12 weeks (p<.001 and p<.001, respectively) (Table 1). Table 2 shows the severity of UI based on ICIQ-SF categories in both experiment and control groups at the baseline and 12 weeks. The majority of participants in the experimental and control group had severe UI at the baseline. However, there was a statistically significant separation between these two groups at week 12 whereby and most of the participant in the experiment group had moderate UI.

Table 1. Self-esteem and urinary incontinence scores of participants based on type and severity in both groups at the baseline and 12 weeks

	Control (n = 31)		Experiment (n = 31)		p Value
	Baseline	12 Weeks	Baseline	12 Weeks	
ICIQ-SF	15.93 ± 1.93	15.41 ± 1.78	16.06 ± 1.55	10.60 ± 2.22*	
Change from baseline to follow-up	0.51 ± 2.74		5.46 ± 2.68		<.001
RSES	15.77 ± 2.67	15.29 ± 3.40	14.80 ± 4.31	20.70 ± 4.74*	
Change from baseline to follow-up	−0.48 ± 3.00		5.90 ± 6.84		<.001

Values are presented as mean ± standard deviation.
ICIQ-SF: International Consultation on Incontinence Questionnaire-Short Form; RSES, Rosenberg Self-Esteem Scale.
*p < .01 compared with baseline within the group.

METHODS

Sixty-one elderly men (aged 60–75 years of age), at two different sites and living in nursing homes in the west of Iran, suffering from urinary incontinence were included in this study. Participants were selected using convenience sampling based on selected and randomized criteria in experimental and control groups. Data collection tools included Mini-Mental State Examination (MMSE), Rosenberg Self-Esteem Scale Questionnaire (RSES), International Consultation on Incontinence Questionnaire-Short Form (ICIQ-SF), and demographic information form. A total of 61 patients with UI diagnosis randomly assigned to either the experimental group (n=30) or the control group (n=31). The intervention for the experimental group included eight 45–60-min sessions during an eight week period. Each session was held once a week and patients were visited every other day by the research team. In each session, first, light strengthening exercises and the pelvic floor exercise encompassing 5-s contractions were performed, followed by 10 s of rest with a frequency of 60 times per day. In addition, training was provided, by way of lectures, discussing in groups, and role-play, on ways to improve UI and the role of behavioural and lifestyle factors in the health of the urinary system. At 12 weeks, after the follow-up period, patients in the both experimental and control groups were once again asked to complete the study questionnaires. The data were analysed using SPSS vesion18 (SPSS Inc., Chicago, IL).

Table 2. severity of urinary incontinence based on ICIQ-SF categories in both groups at the baseline and 12 weeks

	Baseline		12 weeks	
ICIQ-SF categories	Control (n = 31)	Experiment (n = 31)	Control (n = 31)	Experiment (n = 31)
Moderate	2 (6.5%)	0 (0%)	1 (3.2%)	27 (90%)
Severe	28 (90.3%)	28 (93.3%)	29 (93.5%)	3 (10%)
Very severe	1 (3.2%)	2 (6.7%)	1 (3.2%)	0 (0%)
p Value	.314		<.001	

CONCLUSIONS

This study sought to examine the effect of a self-care programme on both UI and self-esteem in elderly men dwelling in nursing homes in the west of Iran. No statistically significant differences were observed in either baseline demographics or other baseline assessments between the experimental group and the control group. Baseline measurements of self-esteem were low to moderate in both participant study groups. Post-test results revealed, unsurprisingly, a significant increase in the self-esteem scores of participants in the experimental group compared with the control group. The findings of this study revealed that the selfcare programme was effective in improving UI among elderly men living in nursing homes with limited resources for management and treatment of urinary tract disorders. The UI self-care programme was effectively implemented in nursing homes with male residents. Nursing homes in Iran usually have limited financial and specialist resources. Such interventions in these care settings may have many benefits for the elderly suffering from chronic conditions such as UI and also have benefits on their self-esteem and therefore impact positively on their quality of life.

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