#600 The trimester-based changes of severity, distress and life-impact of urinary incontinence in nulliparous Turkish pregnant women

Uzelpasaci E1, Cinar G1, Baran E1, Orhan C1, Nalip G1, Aydin E1, Tancaan A2, Ozgul S1, Akbayrak T1, Beksaç M3
1. Hacettepe University, Faculty of Physical Therapy and Rehabilitation.
2. Kayseri Education and Research Hospital, Department of Obstetrics and Gynaecology.
3. Hacettepe University, Faculty of Medicine, Department of Obstetrics and Gynecology.

## Hypothesis/aims of study

In this study, the occurrence of urinary incontinence (UI) was assessed and compared between the trimesters of pregnancy. The purpose was to determine if the severity and impact of UI increased proportionally to gestational age, with a focus on the effects of hormonal changes. Menstrual disorders and their impact on quality of life (QoL) were also evaluated.

## Materials and methods

The present study was a questionnaire-based study, which included low-risk and nulliparous pregnant women. Sociodemographics and obstetric characteristics of the pregnant women who underwent routine follow-up in the perinatology department were recorded. Inclusion criteria were being first pregnancy, not experiencing UI before pregnancy and being willing to participate. Pregnant women with systemic disorders and history of previous pelvic floor surgery or pelvic radiation were excluded. The Turkish versions of the Incontinence Severity Index (ISI), the short form of Urogenital Distress Inventory (UDI-6) and the Incontinence Impact Questionnaire (IIQ-7) were used to determine UI severity, UI related symptom distress and QoL. The ISI, UDI-6, and IIQ-7 were completed in the first (11-14 gestational week), second (=24 gestational week) and third (=37 gestational week) trimesters. Statistical analysis was performed using SPSS (ver. 18) program. Descriptive statistics were presented as mean ± standard deviation, and number (percentage). Friedman tests were conducted to test significant changes in the UI severity, UI related symptom distress, and QoL among different trimesters. Statistical significance level was accepted as p<0.05.

## Results

Seventy-three pregnant women were invited to participate in this study and three pregnant women who had UI symptom before pregnancy were excluded. Seventy nulliparous pregnant women (mean age was 32.1±6.4 years, Body Mass Index (BMI) was 25.7±2.5 kg/m², 26.8±2.7 kg/m² and 28.8±3.4 kg/m² in the first, second, and third trimester) were evaluated. We found no significant differences in the ISI score, the severity of UI was mild in the first trimester although women did not experience any UI symptom in the pre-pregnancy period.

### Table 1. The trimester-based scores of the ISI, UDI-6 and IIQ-7.

<table>
<thead>
<tr>
<th>Trimester</th>
<th>First trimester (X±SD)</th>
<th>Second trimester (X±SD)</th>
<th>Third trimester (X±SD)</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>ISI</td>
<td>1.5±0.5</td>
<td>1.7±0.7</td>
<td>2.0±1.3</td>
<td>&lt;0.001*</td>
</tr>
<tr>
<td>UDI-6</td>
<td>7.9±7.7</td>
<td>12.6±11.9</td>
<td>20.0±16.3</td>
<td>&lt;0.001*</td>
</tr>
<tr>
<td>IIQ-7</td>
<td>2.6±2.5</td>
<td>3.3±1.2</td>
<td>4.5±4.1</td>
<td>0.1</td>
</tr>
</tbody>
</table>

**Table 1. The trimester-based statistics of the ISI, UDI-6 and IIQ-7 scores.**

UI is a symptom that may occur during pregnancy in nulliparous Turkish pregnant women, even if they have no UI symptom before pregnancy. The percentage and severity of UI increased proportionally to gestational week. However, in accordance to the ISI score, the severity of UI was mild in the first, second and third trimesters. The highest scores of UI severity and related symptom distress were found in the third trimester. However, impact of UI on QoL did not change among the trimesters. We believe that no significant differences in impact of UI on QoL among the trimesters may be related to mild UI. Additionally, an interesting aspect of the present study was that the occurrence of UI was in the first trimester although women did not experience any UI symptom in the pre-pregnancy period.

## Interpretation of results

UI is a symptom that may occur during pregnancy in nulliparous Turkish pregnant women, even if they have no UI symptom before pregnancy. The percentage and severity of UI increased proportionally to gestational week. However, in accordance to the ISI score, the severity of UI was mild in the first, second and third trimesters. The highest scores of UI severity and related symptom distress were found in the third trimester. However, impact of UI on QoL did not change among the trimesters. We believe that no significant differences in impact of UI on QoL among the trimesters may be related to mild UI. Additionally, an interesting aspect of the present study was that the occurrence of UI was in the first trimester although women did not experience any UI symptom in the pre-pregnancy period.

## Concluding Message

UI is an important problem seen with increasing severity and distress during pregnancy. Therefore, the clinicians working in the field of the perinatal care must be aware of UI. To prevent the occurrence and progression of UI during pregnancy, effective pre-pregnancy approaches such as pelvic floor muscle training and lifestyle modifications should be recommended.

## References