

Introduction

Urinary incontinence (UI) affects both men and women, but male UI is underestimated. Regardless of gender, UI brings physical and social limitations to the elderly that negatively impact their quality of life¹.

As the prevalence of UI tends to grow with the aging process¹ and the state of Rio Grande do Sul (RS) has a higher amount of young elderly men when compared to Brazil's mean, it is important to understand the health profile of this population to be able to offer adequate primary and secondary level of healthcare assistance.

The aim of the study was to determine the prevalence of UI and associated factors among elderly men of a Porto Alegre (RS) district.

Conclusion

The prevalence of UI among community elderly men was considered high and corroborates with previous studies in this population. The need for any kind of help with activities was reported by most incontinent participants. These factors highlight the need for care actions in order to prevent and reduce UI, since it is an institutionalization reason².

References

1. Inouye SK, Studenski S, Tinetti ME, Kucjel GA. Geriatric Syndromes: clinical, research, and policy implications of a Core Geriatric Concept. *JAGS*. 2007 May;55(5):780-791.
2. Gibson W, Wagg A. New horizons: urinary incontinence in older people. *Age and Ageing*. 2014;43:157-163.

Methods and Materials

Sample consisted of 128 elderly men, aged 65+ years, resident for at least 12 months in the IAPI, a district of the city of Porto Alegre (RS), located in the south of Brazil. UI was assessed using International Consultation on Continence Questionnaire - Short Form (ICIQ-SF) and sociodemographic questions during home visit. The houses were chosen randomly.

ICIQ-SF is an easy, short, and self applied instrument that assesses the presence, the quantity, and the frequency of urine loss as well its impact on individual's quality of life, through a Likert scale, from 0 (minimum) to 10 (maximum). The sum of the answers of the three countable questions gives the total score that can vary between 0 (continence) and 21 (highest severity degree of UI).

Results

The mean age of the elderly men was 76.35±7.27 and IU was identified among 15.5% of the participants. Of these, 9.6% were classified as very severe UI, 19.1% as severe UI, 38.2% as moderate UI and 33.3% as mild UI. Urgency was the most prevalent type of UI (16.4%). Nocturia was identified in 1.6% of this population. The mean score of the ICIQ-SF was 11.18±4.88 (Table 1).

Regarding social aspects, most of the continent and incontinent participants lived with their relatives (46% and 50%, respectively), 1.1% of continent and none of the incontinent lived on their own. Need for care was reported by 85.7% of the incontinent participants and by 69% of the continent ones.

When asked about their perception of health, most elderly men considered as average (50% of the incontinent and 37.9% of the continent ones). During the previous week, 7.1% of incontinent and 2.3% of the continents were bedridden.

Results

Table 1. Urinary incontinence profile of elderly men of a Porto Alegre district according to ICIQ-SF.

Variables	Elderly Men (n=103) n (%)
Urinary Incontinence	16 (15.5)
Urinary Incontinence Frequency	
Once a week or less	7 (6.8)
Two or three times a week	2 (1.9)
Once a day	0 (0)
Several times a day	7 (6.8)
All the time	0 (0)
Amount of urine loss	
Small amount	10 (9.7)
Moderate amount	3 (2.9)
Large amount	3 (2.9)
Situation of loss	
Before reaching the toilet	14 (13.6)
When coughing or sneezing	5 (4.9)
When sleeping	2 (1.9)
During physical activities	2 (1.9)
Dressing after micturition	1 (1)
No obvious reason	2 (1.9)
All the time	2 (1.9)
Life impact due to urinary incontinence	6.05±3.71
ICIQ-SF score	11.18±4.88