

Anal incontinence in first time mothers



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Aims

- To evaluate the prevalence of symptomatic anal and urinary incontinence
 - late pregnancy
 - 6 months after delivery
 - 12 months after delivery
- To explore how anal incontinence affects Health Related Quality of Life

Material and methods



Self-reported symptoms of incontinence

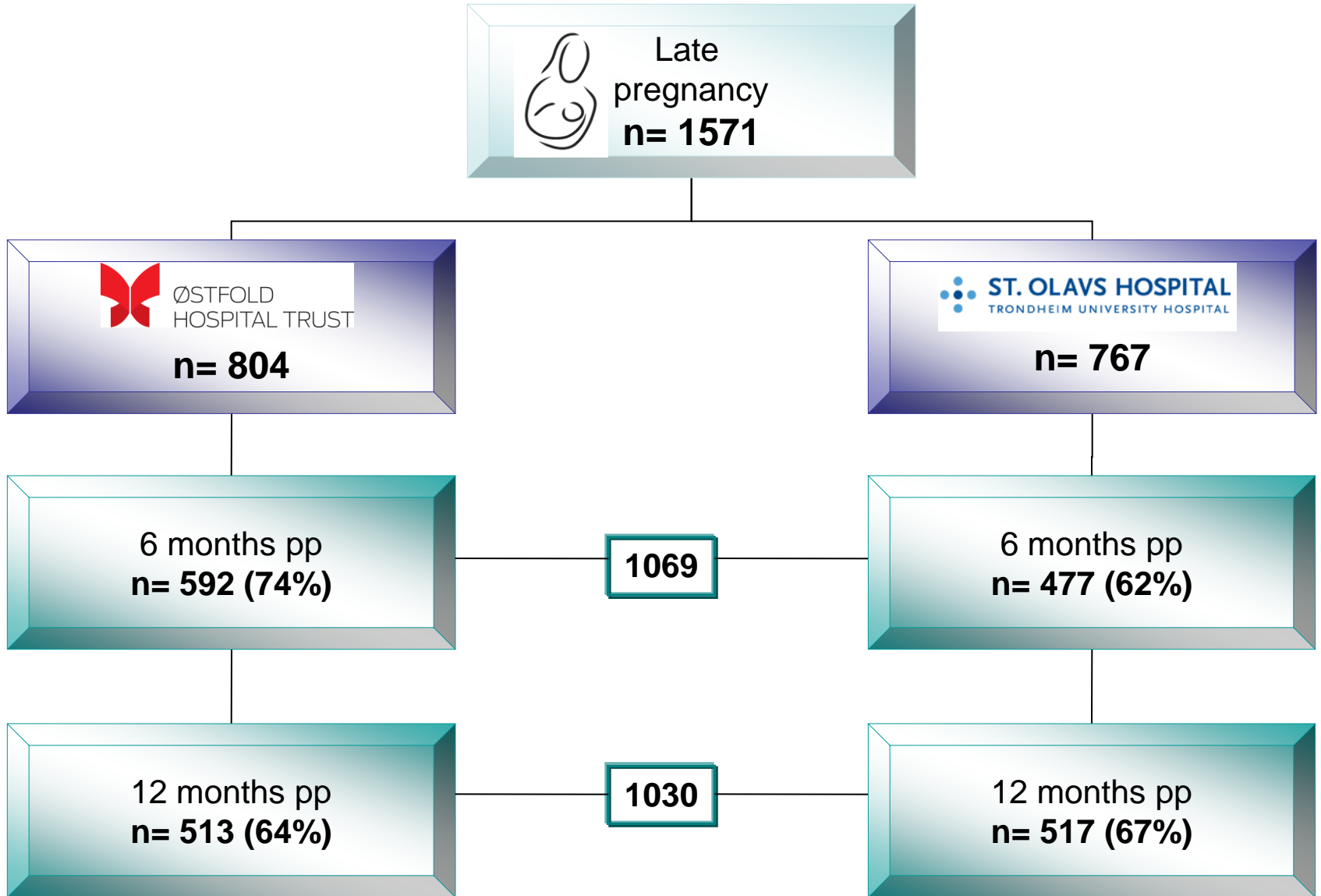
- St. Mark's score
- ICI-Q SF urinary incontinence score
- Fecal Incontinence Quality of Life score (FIQL)

Two hospitals in Norway, inclusion criteria:

- Primipara 18 years and older
- Able to read / understand Norwegian

Participants

		
No of participants (%)	804 (46)	767 (45)
Mean age (SD)	28.3 (4.7)	28.4 (4.7)
No of participants with 3rd / 4th grade sphincter tears (total no of tears)	15 (60)	41 (114)
Mean BMI (SD)	29.9 (4.8)	28.8 (4.5)
Mean birthweight (SD)	3481 (511)	3413 (512)



St. Mark's score

	Never	Rarely	Sometimes	Weekly	Daily
Incontinence for formed stool	0	1	2	3	4
Incontinence for loose stool	0	1	2	3	4
Incontinence for gas	0	1	2	3	4
Alterations in lifestyle	0	1	2	3	4
				No	Yes
Need to wear a pad or plug				0	2
Taking constipating medicines				0	2
Lack of ability to defer defecation for 15 minutes				0	4

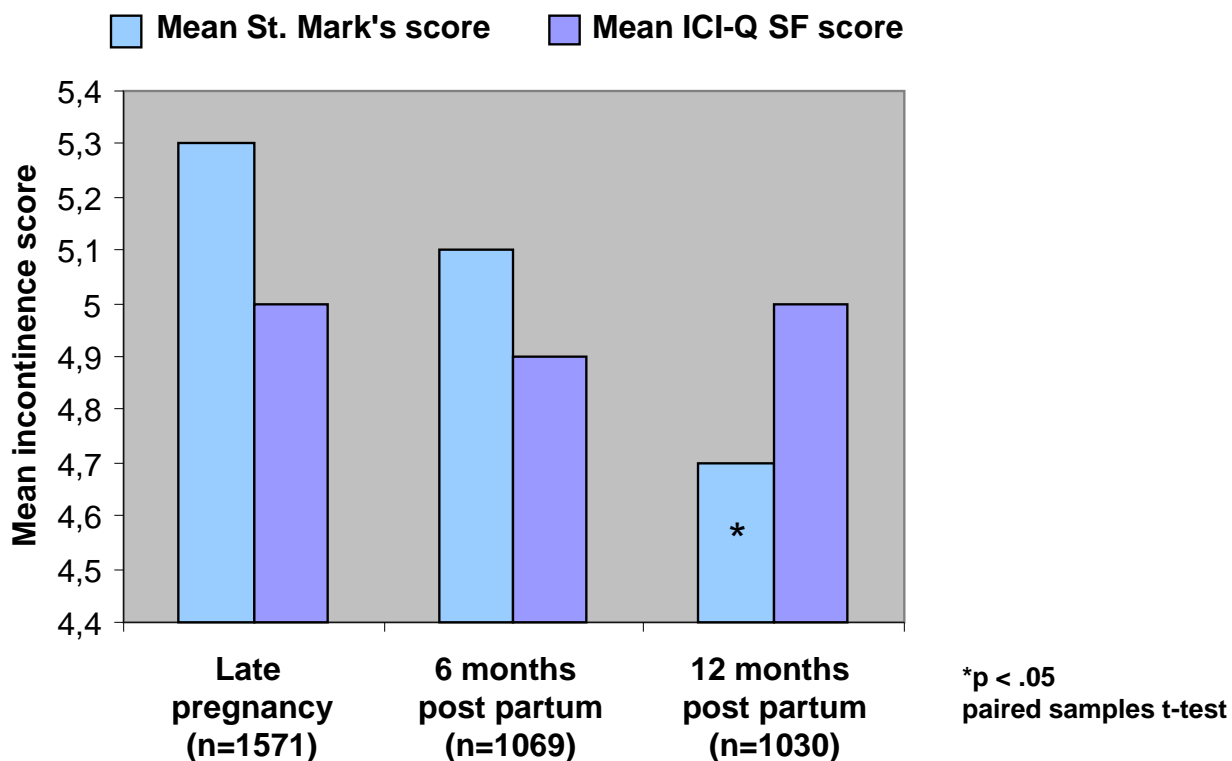
Total score = 24 points

ICI-Q SF score

	Never	About once a week	2-3 times a week	About once a day	Several times a day
	0	1	2	3	4
1. How often do you leak urine					
		None	A small amount	A moderate amount	A large amount
		0	2	4	6
2. How much urine do you usually leak					
3. Overall, how much does leaking urine interfere with your everyday life			0		10
			Not at all		A great deal

Total score = 21/ 11 points

Mean incontinence scores in participants with symptoms of incontinence in late pregnancy and the first year after delivery



Prevalence of incontinence

	Late pregnancy %	6 months after delivery %	12 months after delivery %	p
Formed stool monthly or more	9	4*	3*	* p< .05
Loose stool monthly or more	13	5*	6*	* p< .05
Flatus weekly or more	12	6*	4*	* p< .05
Urgency (15 mins)	20	11*	11*	* p< .05
Urinary incontinence weekly or more	19	11*	11*	* p< .05

*McNemar test

Urinary incontinence and impact on Quality of Life

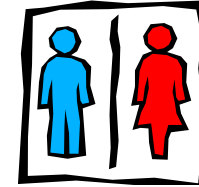
	Late pregnancy (n=290)	6 months after delivery (n=122)	12 months after delivery (n=114)
Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)
Mean impact on everyday life	2.2 (2.0)	3.0 (2.3)	3.7* (2.4)

FIQL domains

- Lifestyle (10)
 - I avoid visiting friends
 - I avoid going out to eat
 - I avoid travelling



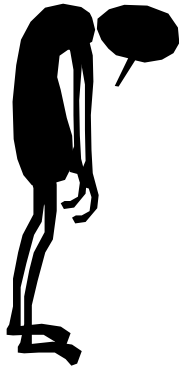
- Coping Behaviour (9)



- I worry about not being able to get to the toilet on time
- I try to prevent bowel accidents by staying near a bathroom

FIQL domains

- Depression and Self Perception (7)
 - I feel depressed
 - I enjoy life less
 - I am afraid to have sex



- Embarrassment (3)



- I leak stool without even knowing it
- I feel ashamed
- I worry about others smelling stool on me

FIQL

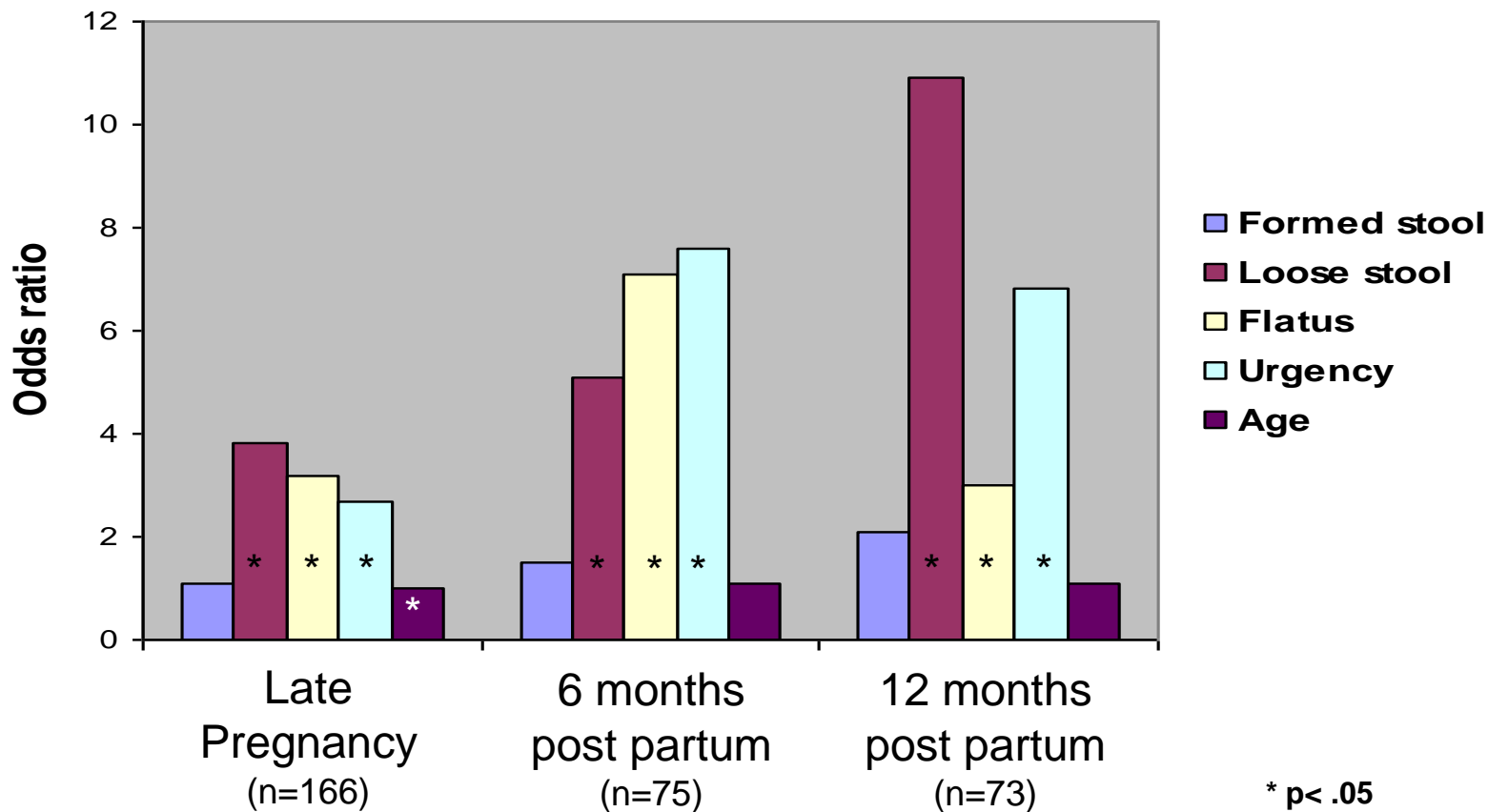
- Grading
 - 1 (problem most of the time) - 4 (no problem)
 - Not apply
 - 1 item graded 1-5
 - 1 item graded 1-6
 - Mean score for each domain
 - depression and self perception = 4.43
 - all other domains = 4.0

Anal incontinence and impact on Quality of Life

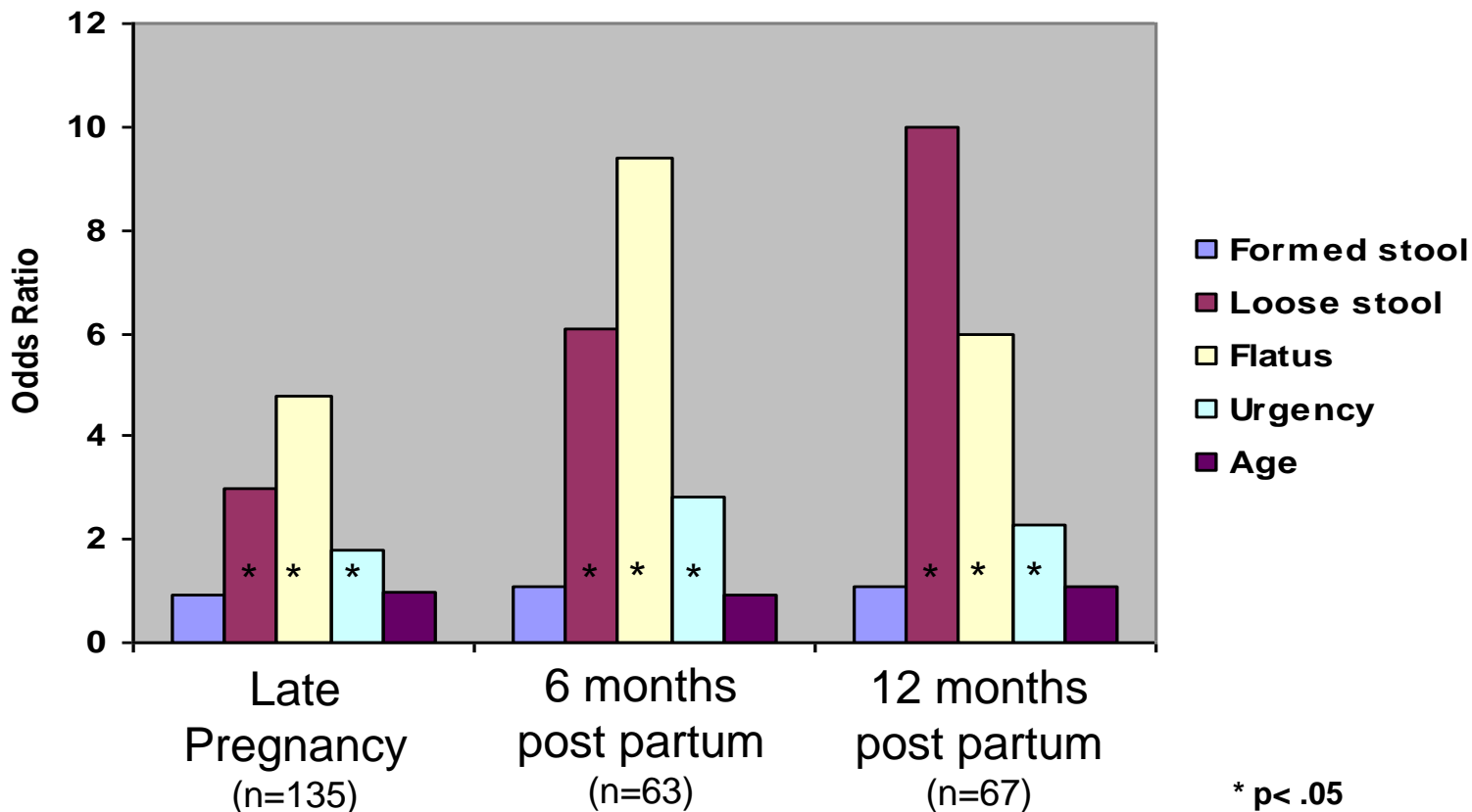
	Late pregnancy (n=657)		6 months post partum (n=297)		12 months post partum (n=289)	
	Mean	[range]	Mean	[range]	Mean	[range]
Lifestyle	3.9	[1.0-4.0]	3.9	[1.9-4.0]	3.9	[1.0-4.0]
Coping behaviour	3.8	[1.0-4.0]	3.8	[1.7-4.0]	3.8	[1.3-4.0]
Depression and Selfperception[§]	4.1	[1.9-4.4]	4.2	[2.9-4.4]	4.2	[2.3-4.4]
Embarrassment	3.9	[1.3-4.0]	3.9	[2.0-4.0]	3.9	[1.0-4.0]

[§] Maximum score for Depression and Selfperception = 4.43

Anal incontinence and impact on Coping Behaviour scores



Anal incontinence and impact on Embarrassment scores



Conclusion (1)

The prevalence of anal and urinary incontinence was significantly reduced from late pregnancy to 6 and 12 months post partum

Conclusion (2)

Experiencing urgency, flatus and loose stool incontinence in particular, significantly reduces Health Related Quality of Life in late pregnancy and the first year after delivery



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