



# Abstract Form

## Abstract Title:

Evaluation quality of life in women with stress urinary incontinence.

## Abstract Text:

### Hypothesis / aims of study

To assess the impact on quality of life in women with urinary incontinence.

### Study design, materials and methods

A descriptive exploratory and quantitative approach carried out from March to July, 2012, attended by women with the complaint of involuntary leakage of urine on exertion, sneezing and coughing. We excluded women under 18 and women with other types of incontinence, accepted and signed as voluntary participation, through the Informed Consent IC, which was approved in the local ethics committee. The sample consisted of 61 women who were aged between 24 and 80 years, who were interviewed using a structured questionnaire about socio demographic data and the questionnaire "King's Health Questionnaire" and the questionnaire Short-Form Health Survey SF-36.

### Results

Data from the sociodemographic characteristics of the 61 women interviewed in a period of three months complaining of SUI (Stress Urinary Incontinence) with a mean age of 57.4 years, from 24 to 80, 45.90% of women were brown. In terms of schooling, most women had incomplete primary education (39.34%), 55.73% were retired or do not work. In this study 42.62% were married, 63.92% had between 1 and 3 children, 68.33% of the pregnancies were normal deliveries. About previous surgeries, 44.26% reported hysterectomy and an amount of 77.04% women reported symptoms of menopause. The biggest complaints were loss of urine before reaching the bathroom (17.92%).

In this study of 61 women participants about the SF – 36 questionnaire, that investigates general health, about 45.93 women said that their general state were good, regarding functional capacity the overall average were 63.11. Regarding the last four weeks, by limiting physical appearance showed an average of 38.11. The emotional aspect had an average of 34.59, the social aspects got up a 71.37 average. About pain, the overall average was 47.39. In relation to the vitality, the average was 52.86, mental health, 61.75.

In applying Questionnaire King's Health Questionnaire (KHQ), it was observed that general health perception of women were 27.86% "bad,". Overall average 50.82% of the participants of this present study suggests that loss of urine is not a problem, in the other way 81.95% of respondents reported an impact on urinary incontinence in their lives. 40.60% related that urinary incontinence booster does not interfere in the daily lives. With respect to the physical limitation claim interfere 51.37%. Its social limitation, 27.79% says it not interfere; about personal relationships (with partner and family and sex life), 57.37% chosen the option "no". The rate of nocturia refered by the patients was 72.11%.

### Interpretation of results

It was observed that the urinary loss directly affects your emotions and daily physical activity in differing physical, bodily pain, general health, vitality, and mental health partners.

Urinary incontinence causes several serious in the lives of patients affected by it changes, becoming stressful and debilitating, besides causing high morbidity and, affect the psychological, occupational, domestic, physical and sexual level.

We observed that women have on average 57.4 years mostly having similar educational level and socioeconomic conditions, however mostly showed ignorance about the symptoms, causes, risk factors and types of treatment or unsatisfactory information about urinary incontinence.

Generally all KHQ domains correlate significantly with the SF 36, the correlations increase when the domains are related, when assessing the same content, such as overall health and general health perception.

#### Concluding message

This study showed that 81.95% of respondents reported an impact on their lives and that stress urinary incontinence cause a major adverse impact on the quality of life of patients. Despite this dysfunction cause unpleasant psychological morbidity and stress, it is sad to note that so few patients seek professional help when much could be done to improve the quality of life of these people.