



QUALITY OF LIFE AMONG WOMEN WITH STRESS URINARY INCONTINENCE IN WADI AL DAWASIR GENERAL HOSPITAL

Dr. Sumathi Ganesan*, Sudha Anbalagan, Wejdan and Ghosnah

Nursing Department, College of Applied Medical Sciences, Prince Sattam Bin Abdul-Aziz University, KSA.

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*Corresponding Author

Dr. Sumathi Ganesan

Nursing Department,
College of Applied Medical
Sciences, Prince Sattam Bin
Abdul-Aziz University,
KSA.

ABSTRACT

Introduction: Stress Urinary Incontinence (SUI) is the involuntary leakage of urine during activities, coughing or sneezing as complaint by the women (Nygaard IE, Heit M, 2004). The study aimed to evaluate the level of quality of life among women with stress urinary incontinence attending Government General Hospital Wadi Al Dawasir. Non experimental research approach was chosen to collect the information. 100 women were included in this study. **Materials and methods:** The information was gathered among the females from the outpatient department and the wards of General Hospital by using Quality of Life ICIQ-LUTSqol 08/04 (Abrams, Avery, Gardener & Donovan, 2005) questionnaire. Random convenient sampling

technique was adopted to select the samples. Women with stress urinary incontinence were included in this study. **Results:** Present study revealed that 21 % of them had good quality of life, 26% of them had moderate quality of life, and 53 % of them had poor quality of life. Among the women 28% of them were between the age group of 21-25 yrs. 53% of them completed their secondary education, 22 % of them were employed, 57% of them had 3-4 children, 77% of them had normal vaginal delivery, 57% of them were suffered from incontinence since 5-6 years, 48 % of them had normal weight and 23% were obese. Among them 37% were diabetic and 42% were hypertensive. 30% of them had awareness about stress urinary incontinence and pelvic floor exercises. 62% felt that this problem affected their normal routine activities and it was embarrassing. 57 % of them were anxious and nervous and were worried about the urine smell. 38% of the participants felt that this problem affected their sex life and 43% reported that the social activities were limited because of this problem. **Conclusion:** Urinary incontinence affects the physical, social, psychological,

family and sexual life; this impairs the life of entire females in the world. As health care professionals need to educate them regarding how to manage this issue and teach them about pelvic floor exercises which are a gold standard for treating and preventing the stress urinary incontinence.

KEY WORDS: Stress urinary incontinence, Quality of life, Pelvic Floor Exercises.

INTRODUCTION

Women are the doors to this world. No one is complete without woman. Every individual in some part of their life have a women to complement as a mother, daughter, wife and sister. Most of the women suffer from many health issues during their life time, of which many of them suffer from the urinary incontinence.

Lopez *et al.*, (2009) concluded the prevalence of UI is 10% to 40% worldwide. A cross sectional surveys conducted in United Kingdom revealed 50% of UI among females in a primary care setting. In which only a small group of women only seeks for health care. Women suffered from UI in developed countries did not approach the health care professionals for 15 years (Kirkland *et al* 2001). The worldwide statistics stated that the number of individual's ≥ 20 years experiencing Urinary incontinence. The occurrence of UI in worldwide is from 8.2% in 2008 to 8.5% sufferers by 2018. Stress Urinary Incontinence will be the world health problem in the year 2018 because of its occurrence is 5.9% in female's vs 0.49% in men in 2008, 6.0% vs 0.51% in 2013, 6.1% vs 0.53% in 2018.

NEED FOR THE STUDY

Ahmed Al Badr (2013) reported the female urinary incontinence prevalence of urinary incontinence in Arabian country. The results estimated the high risk variables and attending medical help among incontinent females. Incontinent females given their opinion that estimated the high risk variables contributing for Urinary Incontinence. 379 women were at the age group of 35 years and the parity was 4. The occurrence of Urinary Incontinence rate was 41.4% (95% CI, 36.6-46.5). Stress UI, urge UI, and mixed UI were expressed by 36.4% (95% CI, 31.7-41.4), 27.4% (95% CI, 23.2-32.1), and 22.2% (95% CI, 18.3-26.6). Females expressed that urine leakage daily by 17.2%, and 25.5% were told that leak of urine once a week. Urinary Incontinence increases when female get older at ($P < 0.001$) children more than 5 ($P < 0.001$) menopause at ($P = 0.004$) and the history of any gynecological procedures,

($P \leq 0.001$). Medical help was not sought by 85.5% of women with Urinary Incontinence. Most women experienced adverse effects on their daily routine activities.

Urinary incontinence is the new health issue of this century experienced by women (Botelho *et al.* & Cruz, 2007). It has adverse impact on the quality of life, hygiene and sexual activity so it is considered as a social problem. It affects the social, psychological, physical and economic aspects of women, and it disturbs the professional relationships also. Urinary Incontinence is one important variable for isolation (Higa & Lopes, 2005). Moreover, most of the female did not consider Urinary Incontinence as a health problem or they considered it as a normal related to aging, having adapted to it in their daily lives, which could be explained by a lack of awareness and shyness.

They also experienced the co morbid conditions like urinary tract infections (UTIs) and skin problems. Rashes, infections and sores occur due to constant wet skin because of urine leaking. Women with Urinary Incontinence experienced economic burden due to increased health costs.

It is a challenging role for the health care providers to wash out these false thoughts regarding urinary incontinence from the minds of women. Most of them felt they are ashamed of discussing this issue with the health care professionals.

AIM OF THE STUDY

To estimate the level of quality of life among women with stress urinary incontinence attending women at Government General Hospital, Wadi Al Dawasir, Saudi Arabia.

MATERIALS AND METHODS

Study Design- Non experimental **research** approach was chosen to collect the information.

Setting - Government General Hospital Ministry of Health Hospital, Wadi Al Dawasir, Saudi Arabia.

Study Sample- women with stress urinary incontinence.

Sample size- 100 women attending outpatient and inpatient (wards) of Government General Hospital, Wadi Al Dawasir, Saudi Arabia.

Sampling technique- Random convenient sampling technique.

Inclusion criteria- Women having stress urinary incontinence.

Exclusion criteria

- Women undergone surgery for stress urinary incontinence
- Pregnant women
- Uterine prolapse
- Undergone training for pelvic floor exercises program.

ETHICAL CONSIDERATION

Ethical clearance was obtained from concerned college administrators. The objectives of the study were explained to the study participants and informed consent was obtained.

DATA COLLECTION

Study related information was gathered using the following tools: included the following information: a): age, Education, occupation, No of children, Mode of delivery, Parity, Duration of the problem, BMI, Diabetes, Hypertension, awareness regarding stress urinary incontinence and pelvic floor exercises.

The purpose was explained to them, the data was collected by using the International Consultation on Incontinence Questionnaire Urinary Tract Symptomes Quality of Life ICIQ-LUTSqol 08/04 (Abrams, Avery, Gardener & Donovan, 2005) questionnaire. It has total 19 items, it is a four point Likert scale, it is a standardized scale the score as follows

- Not at all - 1
- Slightly - 2
- Moderately - 3
- A lot - 4

Total score was - 76

STATISTICAL ANALYSIS

The statistical data was analyzed and presented using frequency distribution and results were expressed in percentage.

RESULTS**Table -1 Socio-demographic variables.**

N=100

S. No.	Variables	Percentage (%)
1.	Age in Years	
	15-20	12
	21-25	28
	26-30	16
	31-35	20
	36-40	18
	>40	6
2.	Education	
	No formal school education	4
	Primary education	30
	Secondary education	53
	Higher secondary education	9
3.	Occupation of the women	
	Employed	22
	House wife	78
4.	Mode of delivery	
	Normal vaginal delivery	77
	caesarean section	23
5.	Number of children among women	
	1-2	22
	3-4	57
	4-5	14
	>6	7
6.	BMI	
	18.5	2
	18.5-24.9	48
	25-29.9	27
	30-34.5	23
7.	Diabetes	37
8.	Hypertension	42

Table 1 represents the demographic variables. Among women 28% of them were between the age group of 21-25 yrs., 53% completed secondary education, 22% were employed, 57% had 3-4 children, 77% had normal vaginal delivery, 78% of women were having 3-4 parity, 57% were suffered from this problem since 5-6 years, 48% had normal weight and 23% were obese. Among them 37% were diabetic and 42% were hypertensive.

Fig. 1: Distribution of women's parity

■ 1-2 Yrs ■ 3-4 Yrs ■ 5-6 Yrs

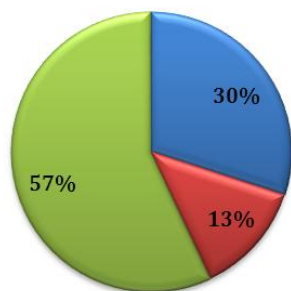


Fig. 2: Duration of the urinary incontinence

■ 1-2 Yrs ■ 3-4 Yrs ■ 5-6 Yrs

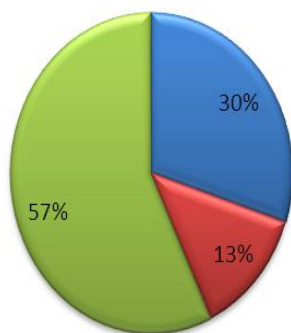


Fig. 3: Awareness on urinary incontinence and pelvic floor exercise

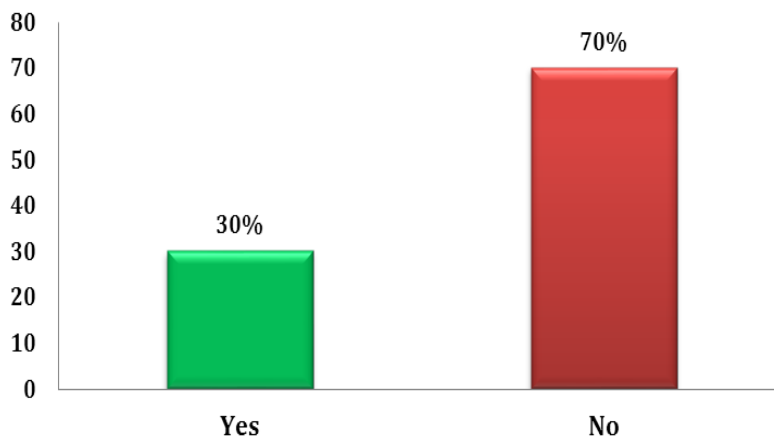
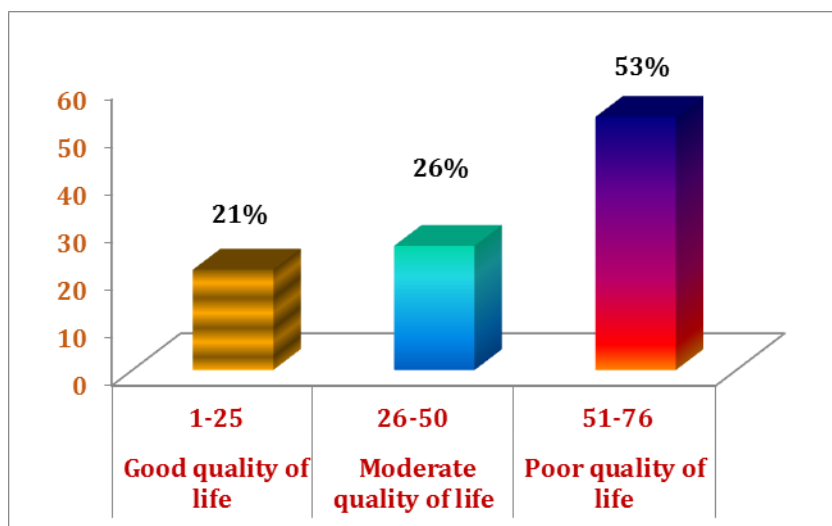


Table -2 Level of Quality of life among women with stress urinary incontinence.

Score	Percentage (%)
1-25- Good quality of life	21
26-50 – Moderate quality of life	26
51-76 – Poor quality of life	53
Total score	76

**Fig. 4: Percentage distribution of Level of Quality of life among women with stress urinary Incontinence.**

ITEM ANALYSIS OF STRESS URINARY INCONTINENCE QUALITY OF LIFE QUESTIONNAIRE

In item analysis, 62% felt that urinary incontinence affected their normal routine activities and it was embarrassing. 57 % were anxious and nervous and worried about the urine smell leaking out. 38% of the participants felt this problem affected their sex life. 43% revealed that they limited their social activities because of this problem, 26 % expressed that they limit their social visits to their friends. 52% considered that urinary incontinence affected their relationship with the partner.

DISCUSSION

In this present study among the women 28% of them were between the age group of 21-25 yrs., 53% had completed secondary education, 22 % were employed, 57% of them had 3-4 children, and 77% of them had normal vaginal delivery. The literature supports that more number of children and vaginal delivery is one of the reason for stress urinary incontinence. 57% were suffered from this problem since 5-6 years they believed that this is due to part of aging and did not seek medical advice. Once they get complications then they approach the

doctors. 23% were obese. Obesity is also one of the reasons for stress urinary incontinence. Diabetes also one of the contributing factor for stress urinary incontinence. 27% had awareness related to the problem. Most of them completed secondary education and only 78% of them were housewives so their awareness regarding pelvic floor exercises and stress urinary incontinence was less.

This study results were consistent with Marwan A. Bakarman1 (2016), studied the occurrence of urinary incontinence among females of reproductive age group at selected Hospital (MCH), Jeddah, 2012, evaluated the impact on the quality of life events . Out of 1200, 412 (34.3%) were having Urinary Incontinence. Females with 15 to 50 years were of 34.3 + 7.2 years. 50% revealed that urine leak disturbed them as care taker, mother and wife. They avoided social gathering and their mental health were also affected

CONCLUSION

It is the responsibility of health care professionals to teach the women regarding the causes, early identification of the problem and pelvic floor exercises. Pelvic floor exercises can be done daily at home. By doing that the problems can be reduced and the quality of life can be improved. We need to empower the women to take care of themselves.

RECOMMENDATIONS

- Educate the women regarding the causes for stress urinary incontinence.
- The hospital authorities can conduct workshop regarding stress urinary incontinence and pelvic floor exercises program for the women attending Government General Hospital.
- The nurse managers can organize workshop regarding stress urinary incontinence and pelvic floor exercises program for the staff nurses, hence they will teach women in the ward.
- Pamphlets, brochures and handouts can be made available in the outpatient department.
- Hospital authorities can conduct research regarding the stress urinary incontinence including the larger sample to know about the impact of the problem.

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