

STRESS URINARY INCONTINENCE MANAGEMENT – A QUALITY OF LIFE (QOL) STUDY



Deeksha Pandey, Chaitanya Maturi
KMC Manipal, MAHE, Karnataka, India

Problem Statement

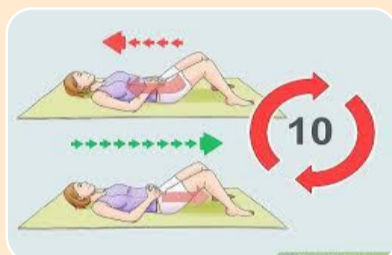
: Stress Urinary incontinence (SUI) is an embarrassing condition leading to social isolation, low self-esteem and significant reduction in the quality of life [QoL].

Objective

To compare the QoL in various treatment options for SUI



Tension-free vaginal tape-obturator (TVT-O)



Pelvic floor muscle training (PFMT)



No* treatment

Methodology

They were provided with KHQ, to estimate the QoL

Women well allowed to make informed decision about the treatment options

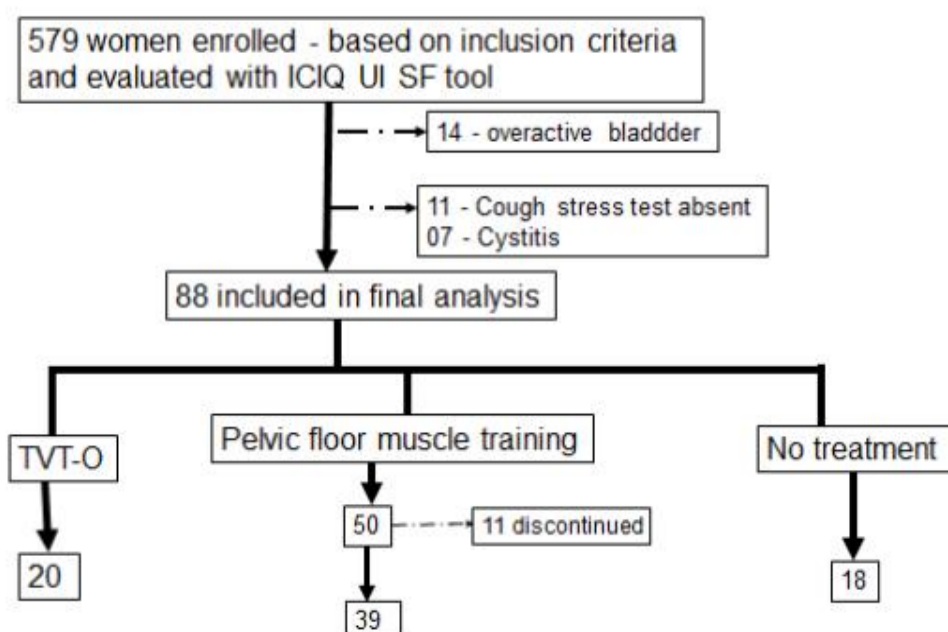
Surgical TVT-O

Conservative PFMT

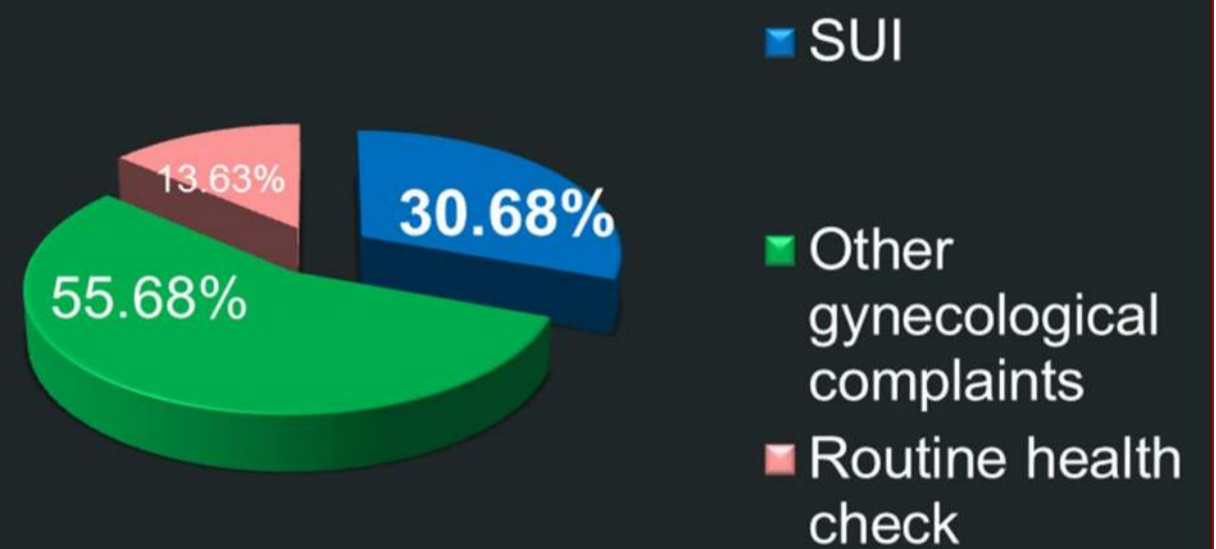
No Treatment

Follow up after 3 months
 QoL was reassessed again with KHQ

Results



Healthcare seeking rate/consultation rate



Comparison between the QoL of management options in the study group

	TVT GROUP N = 20		PFMT GROUP N = 31		No Treatment N = 12		p-value
	Before	After	Before	After	Before	After	
General health perceptions	67.5 ± 20.03	27.5 ± 7.69	54.48 ± 18.02	38.46 ± 12.62	41.66 ± 17.14	36.11 ± 12.78	<0.001
Incontinence impact	74.99 ± 23.88	16.66 ± 17.09	51.27 ± 18.48	38.45 ± 14.38	49.99 ± 23.57	46.29 ± 23.25	<0.001
Role limitations	64.99 ± 24.72	11.66 ± 15.38	48.71 ± 23.99	33.33 ± 0	33.32 ± 29.70	27.77 ± 24.25	<0.001
Physical limitations	67.49 ± 29.85	19.16 ± 13.5	49.14 ± 30.09	42.30 ± 24.13	37.02 ± 28.89	36.10 ± 24.42	<0.001
Social limitations	63.60 ± 29.25	14.44 ± 18.05	36.74 ± 30.06	30.19 ± 19.23	28.70 ± 30.85	29.62 ± 29.27	<0.001

Comparison between the QoL of management options in the study group

	TVT GROUP N = 20		PFMT GROUP N = 31		No treatment N = 12		p-value
	Before	After	Before	After	Before	After	
Personal relationships	34.41 ± 36.43	4.99 ± 7.83	16.92 ± 32.10	11.11 ± 21.40	11.11 ± 19.80	11.11 ± 16.16	<0.001
Emotions	63.88 ± 24.94	12.22 ± 11.34	39.59 ± 29.81	18.80 ± 16.93	27.15 ± 25.90	22.22 ± 18.66	<0.001
Sleep/Energy	29.16 ± 26.42	7.49 ± 10.07	15.38 ± 16.83	13.24 ± 13.34	13.88 ± 16.41	12.95 ± 13.46	<0.001
Severity measures	57.49 ± 25.34	13.74 ± 14.62	44.43 ± 22.07	29.26 ± 16.87	28.69 ± 21.62	25.92 ± 17.82	<0.001
Symptom severity score	7.95 ± 4.37	2.35 ± 1.03	5.38 ± 3.70	4.46 ± 2.90	4.72 ± 4.32	3.77 ± 2.42	<0.001

Conclusion

- Prevalence of SUI - 15.2 %, means that every 5th / 6th who has delivered vaginally, presenting to the gynecology OPD is likely to have SUI
- Consultation rate was only 30%
- Hence the responsibility lies on the primary care physician to ask a leading question regarding urinary complaints as a primary screening tool
- Without treatment, QoL in SUI patients remained more or less the same
- Hence it is important to educate and encourage to seek treatment