

#694 PREVALENCE OF URINARY INCONTINENCE IN A POPULATION OF PROFESSIONAL WOMEN IN HEALTHCARE

Ana Filipa Pires ¹, Ana Filipa Guimarães ¹, Cláudia Abreu ¹, Cristina Henriques ¹, Inês Galvão ¹, Gisela Gomes ¹, Daniela Prada ²

¹ Unidade Local de Saúde Loures-Odivelas – Physical Therapist

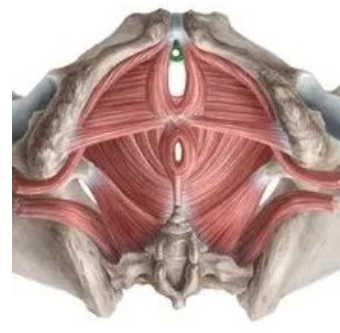
² Unidade Local Saúde Loures-Odivelas - Physiatrist

Hypothesis / aims of study

The Pelvic Floor is a multifunctional structure responsible for supporting pelvic organs, involved in the processes of urination and defecation, and in sexual function. Knowledge about the pelvic floor is limited among women, and it is known that greater misinformation is associated with higher dysfunction.¹ To create primary prevention strategies, it is necessary to understand the degree of women's knowledge about these conditions.

We would like to understand if:

- 1) To understand the prevalence of urinary incontinence on a population of professional women in healthcare;
- 2) Verify the dysfunction consequences on their life quality;
- 3) To understand if it is relevant to the professional women in healthcare the knowledge of the Pelvic Floor.



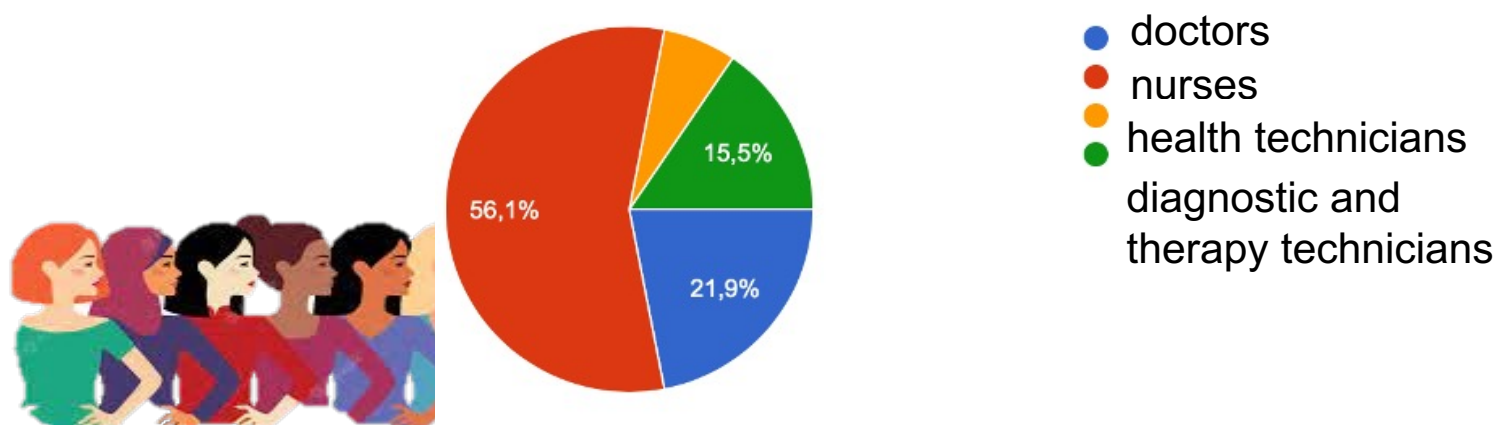
Study design, materials and methods

- ✓ A transversal study was conducted through the usage of an online questionnaire, using an access link;
- ✓ Professional women in healthcare working at a secondary hospital in the Lisbon metropolitan area;
- ✓ 27 questions: socio-demographic characteristics, obstetric history, function/dysfunction of Pelvic Floor and satisfaction level with their pelvic health.

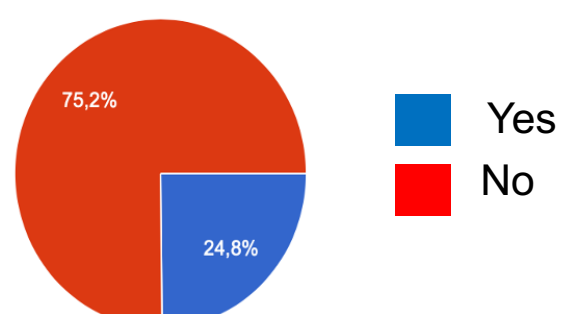


Results and Interpretation

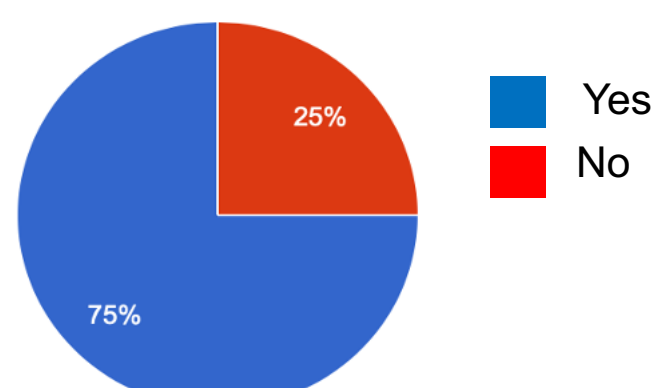
- ✓ A sample of 157 professional women answered the questionnaire;
- ✓ The age range was on the majority between 26-33 years old
- ✓ 53.8% of the subjects are nulliparous, 24.4% gave birth once, 19.2% gave birth twice and 2.6% gave birth three times;
- ✓ Of the women who gave birth at least once there were 32 cesarean births, 50 vaginal births and 20 of those with instruments help;
- ✓ The average Body Mass Index (BMI) of the subjects is on average 24.72Kg/m² (37% of women present a BMI greater or equal to 25 Kg/m²).



Do you have constipation?

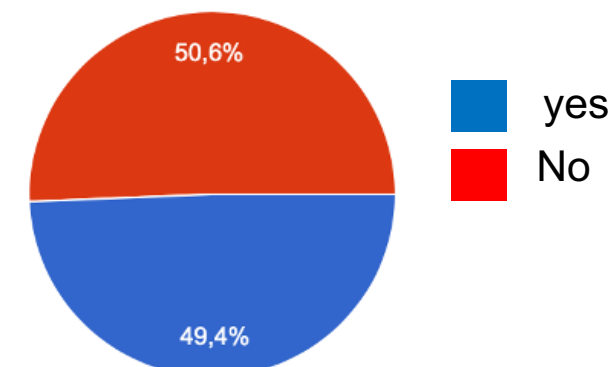


Do you consider the recovery of your pelvic floor satisfactory?

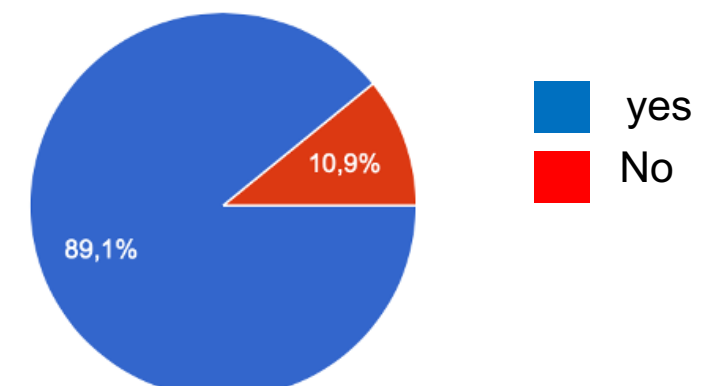


Reported symptoms:

Having involuntary loss of urine

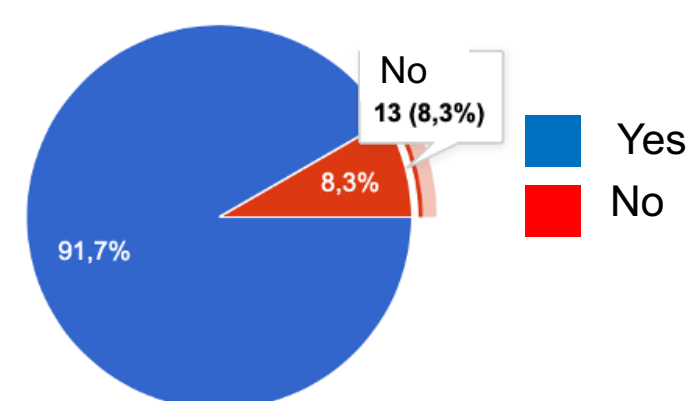


Interferes with quality of life

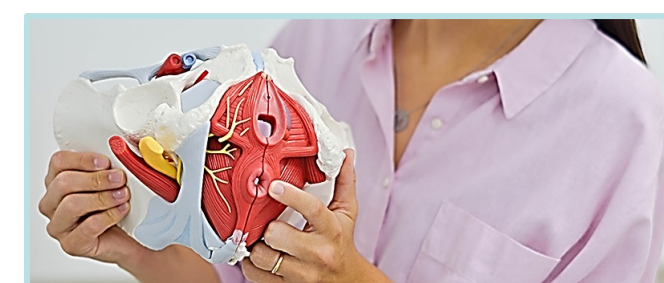
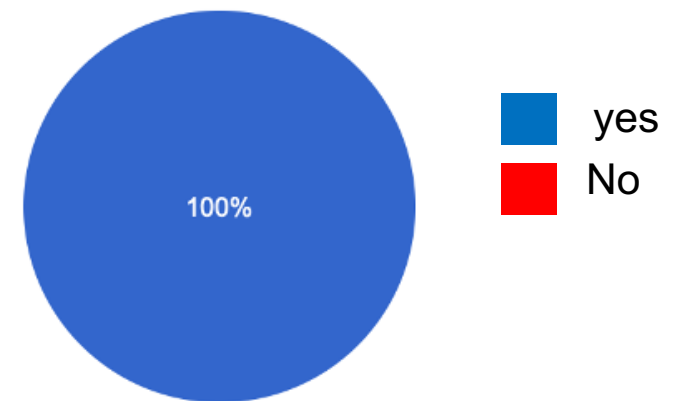


Knowledge about pelvic floor dysfunctions (PFD):

Have you heard about PFD?



Should there be more information on the subject?



- ✓ The results suggest that professional women in healthcare have a similar prevalence rate of urinary incontinence similar to the rest of the population with the most common reported type of urinary incontinence being the stress one.²
- ✓ The prevalence of this dysfunction to women in working age is greater than 25% and that was verified by our sample.
- ✓ The most common reported type of urinary incontinence being the stress one.
- ✓ The urinary incontinence has a huge impact on this women's working life, causing a significant decrease in their quality of life - also in this study's sample of the inquired women mentioned that the involuntary loss of urine impacts their quality of life.³
- ✓ The Pelvic Floor's importance to health is greatly undervalued and even though we assume health professionals are aware of the risk factors to the development of urinary incontinence, there was an existence of high BMI, as well as a constipation presence higher than 20%.
- ✓ The literature shows that the lack of knowledge about the Pelvic Floor is associated with a higher occurrence of dysfunctions, including urinary incontinence.

Conclusions

Although most of the inquired women show knowledge about the Pelvic Floor and its functions, it is shown the prevalence of a Pelvic Floor dysfunction, namely stress urinary incontinence, being high among this healthcare professionals. And it was evident that the presence of pelvic floor dysfunction has an impact on the quality of life of these women.

It also has been verified the presence of risk factors to this dysfunction development, namely constipation and a high BMI. With these results, it can be identified the need for a higher sensibilization and guidance about the topic in order to reduce the pelvic floor's dysfunctions impact on women's lives, being crucial to develop primary prevention strategies. healthcare professionals, once they have an essential role in the promotion of health literacy, being the first contact professionals in the presence of complaints/symptoms to all the population.

References

1. Berzuk K, Shay B. Effect of increasing awareness of pelvic floor muscle function on pelvic floor dysfunction: a randomized controlled trial. Int Urogynecol J. June 2015;26(6):837–44. Higa R, Lopes MHBDM.
2. Xu P, Wang X, Guo P, Zhang W, Mao M, Feng S. The effectiveness of eHealth interventions on female pelvic floor dysfunction: a systematic review and meta-analysis. Int Urogynecol J. December de 2022;33(12):3325–54.
3. The impact of urinary incontinence on female nursing personnel. Rev Bras Enferm. April 2007;60(2):213–6.