E-Poster

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The Quality of Life of Women With Perineal Disorders Followed by the Department of Physical Medicine and Rehabilitation, CNHU Fann Dakar Preliminary Study of 18 Cases

Topic: Specific Target Groups (Children, Women, Elderly, Athletes, Musicians, Refugees, Ethnic Groups, Workers, and Others)

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BACKGROUND

Women's perineal disorders include sphincter dysfunction, pelvic static disorders, and sexual disorders. They restrict physical activities due to a removal of strength efforts, which are often the cause of anal and especially urinary incontinence. Restrictions are mainly social, leading to fewer outings, isolation, and reduced quality of life (QoL). The objective of our study was to assess the impact of pelvic-perineal disorders on the QoL of patients followed at the rehabilitation center.

METHODS

This is a retrospective, cross-sectional study conducted on patients followed in the rehabilitation service from 2022 to 2024, for the rehabilitative management of perineal disorders.

RESULTS

We collected data from 18 patients, with an average age of 41 ± 14, ranging from 24 to 80 years.

We found that 77.8% were married and twenty-two-point twenty percent (22.20%) had more than four deliveries. Macrosomia was found in 27.80%.

Half of the patients had a prolapse, and the most represented grade was Grade 1 at 61.10%.

Overall, 61.11% of patients had urinary disorders such as incontinence.

The most common urinary disorder compared to the general population was urinary incontinence due to urgency, with a rate of 55.60%.

Anorectal manifestations were found in 66.66% of the general population; all reported constipation. Dyschesia was found in 44.44% either isolated or associated with other disorders.

The mean PFDI20 score was 68.3 ± 53 and the mean PFIQ7 score was 21.8 ± 47. Both are statistically linked with a $p = 0.021$.

CONCLUSION

Compared to the literature, our patients, although with a higher PFDI 20, had a better QoL. This may be due to racial origin or the fact that our patients had Grade 1 and 2 prolapses. We deduce that early management could improve the QoL.

Statement of Disclosures

None

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