E-Poster

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Distribution of Urinary Incontinence Types by Sociodemographic and Gynecological Characteristics among Tunisian Women

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

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BACKGROUND

Urinary incontinence (UI) is a common condition in adult women, defined by the International Continence Society (ICS) as the complaint of any involuntary leakage of urine. Different types of UI are distinguished: urgency UI, stress UI and mixed incontinence combining both. Despite advances in diagnostic and therapeutic approaches in Tunisia, few data are available on the distribution of incontinence types in Tunisian women. The aim was to assess the distribution of urinary incontinence types according to sociodemographic and gynecological characteristics in a population of Tunisian women.

METHODS

We conducted a prospective, analytical, longitudinal study in the Physical Medicine departments of Kassab Hospital and a private urodynamic assessment practice over a four-month period. Sociodemographic and clinical data were collected using a predefined form.

RESULTS

The mean age was 57.03 ± 11 years. Most women (61%) had social insurance coverage. Regarding personal habits and medical history, 41% (n = 36) were smokers, 82% (n = 72) reported chronic cough and 49% (n = 43) reported chronic constipation. In addition, 33% (n = 29) were multiparous and 91% (n = 80) had delivered vaginally, including 21.59% who had undergone at least one forceps delivery. Four patients (4.55%) had undergone prolapse repair. Sixty-nine percent (n = 61) were postmenopausal. The most common type of urinary incontinence was mixed urinary incontinence: 52% (n = 46).

CONCLUSION

Diagnosing the type of urinary incontinence in women requires careful history-taking and clinical examination to provide appropriate management and improve their quality of life.

Statement of Disclosures

None

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