E-Poster

EP-732

Assessment of the Severity and Functional Impact of Urinary Incontinence in Women: A Study of 88 Cases

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

Leila Ghidaoui[1], Wadia Said[1], Catherine Dziri[1], Fatma Zohra Ben Salah[2], Zeineb Masmoudi[3]

[1]*Department of Physical Medicine A, Mohamed Kassab Orthopedic Institute, Tunis, Tunisia*
[2]*Department of Physical Medicine B, Mohamed Kassab Orthopedic Institute, Tunis, Tunisia*
[3]*Private Urodynamic Exploration Practice, Tunis, Tunisia*

BACKGROUND

Urinary incontinence (UI) is defined by the International Continence Society (ICS) as a complaint of any involuntary urine leakage. It is a widespread condition among women and has long been considered an inevitable consequence of aging and motherhood.

This study aims to assess the severity and functional impact of UI in a series of Tunisian women.

METHODS

This is a prospective, descriptive, longitudinal study including female patients consulting for UI at the Physical Medicine departments of Kassab Hospital and a private urodynamic exploration practice over a four-month period. We used the Urinary Handicap Measurement Scale (MHU), the Ditrovie Quality of Life Scale, and the following questionnaires: Incontinence Impact Questionnaire-7 (IIQ-7) and Urogenital Distress Inventory-6 (UDI-6).

RESULTS

A total of 88 patients were included. The average age was 57.03 ± 11 years. Regarding medical history, 82% (n = 72) reported chronic cough, and 49% (n = 43) had chronic constipation. Additionally, 33% (n = 29) were multiparous, and 91% (n = 80) had given birth vaginally. Most patients (69%, n = 61) were postmenopausal. The most common type of urinary incontinence was mixed urinary incontinence (52%, n = 46).

According to the MHU scale, 31.82% (n = 28) had a safety time of less than two minutes, while 47% (n = 41) experienced urgency-related urinary leakage multiple times a day. Stress urinary incontinence occurred in 37.5% (n = 33) of cases, triggered by moderate efforts such as coughing, sneezing, lifting, or laughing.

According to the Ditrovie scale, 41% (n = 36) of patients rated their quality of life as poor to very poor, and 38% (n = 36) frequently feared leaving their homes.

The results of the IIQ-7 and UDI-6 questionnaires revealed that patients were significantly affected in their ability to perform household chores (31%, n = 27) and travel outside their homes (42%, n = 37). Emotionally, 51% (n = 45) reported feeling frustrated

CONCLUSION

Screening for urinary incontinence in women is essential. Early diagnosis enables appropriate management and ensures a better quality of life.

Statement of Disclosures

None

Doi: 10.5606/archisprm.2026.EP-732

Corresponding Author:
Leila Ghidaoui
Department of Physical Medicine A, Mohamed Kassab Orthopedic Institute, Tunis, Tunisia
Email: leilaghidaoui764@gmail.com