INFLUENCE OF URINARY INCONTINENCE ON QUALITY OF LIFE.


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Introduction
As Urinary Incontinence (UI) is meant any involuntary leakage of urine. It is a frequent, disabling health concern above all among older adults and it is common also in the younger population. Although UI has a great impact on patient's perception of quality of life, it is frequently under-reported by patients who in some cases don't seem to be conscious that this problem can be solved. The aim of our study was to investigate the frequency of UI and its impact on quality of life.

Methods and Subjects
We interviewed 100 patients who referred to the outpatient of Orthopedics and Rehabilitation, asking for any UI impairment, and, in case of a positive answer, we also administered the International Consultation on Incontinence Questionnaire - Short Form (ICIQ-SF) and asked if they were or not treated for the incontinence and by which specialist.

Results
The mean age of the 100 patients interviewed (85 women and 15 men) was 62.9 y.o. (min 27; max 89). 46 (39 W, 7 M) of the interviewed people referred to have a UI and only 15 of them (11 W, 4 M) were treated for this problem; while 13 of the 31 patients who were not receiving any treatment for the UI had already referred it to their GP or specialist. 12 out of the 31 patients not treated referred to leak urine at least once a day; 3 of them think to leak a moderate to large amount of urine; and 11 of them declare that the leaking greatly interfere with their quality of life. The mean score at the ICIQ-SF of the 15 patients under treatment was 10.1 while the mean score of the others 31 patients was 7.73, there wasn't a significant difference among the 2 groups.

Discussion and Conclusion
UI almost always results from an underlying treatable medical condition. Therefore it might be important to increase the information about UI among patients and above all GPs.

Reference