

PS11.3 Evidence Based Nursing

14:30 Room 221

To Identify the Incident of Urinary Incontinence in Pregnant Women among Eight Hospital Authority Birthing Hospitals

Chan CN

Department of Obstetrics and Gynaecology, Queen Elizabeth Hospital, Hong Kong

Urinary incontinence is a common problem which can affect up to 10 - 46% of women. This problem has been reported in 34% of women at three months postpartum, but the peak incidence is during pregnancy. A study had shown that 78.3% of local Chinese women did not aware stress incontinence was a disease entity, or were not willing to seek medical advice. In order to view the prevalence of local Chinese obstetric women with urinary problem(s) or incontinence during pregnancy, a one-week survey in December 2017 was conducted. Those pregnant women attended the first antenatal visit or Group B Streptococcus Screening in eight birthing hospitals of Hospital Authority during the study period were recruited. The two Chinese short-form questionnaires, Urogenital Distress Inventory-6 (UDI-6) and Incontinence Impact Questionnaire-7 (IIQ-7) were used as they are reliable and validated to assess the impact of the urinary incontinence in Chinese women.

Of 951 anonymous pregnant women completed the UDI-6 and IIQ-7, mean maternal age was 32.1 ± 4.6 years old, gestational age was 22.8 ± 11.5 weeks and parity was 0.7 ± 0.8 . The mean scores of UDI-6 and IIQ-7 were 38.17 ± 9.70 and 11.1 ± 17.01 respectively. 395 (41.6%) women indicated to have moderate to great bothered by the symptoms in UDI-6. Statistical calculation was performed to compare the parity with the symptoms in UDI-6 scores, significant differences were found in urine leakage related to physical activity, coughing or sneezing ($p < 0.001$), but no significant difference in other symptoms in UDI-6 with parity. Results also showed significant differences when increased with gestation age as frequent urination ($p < 0.001$), urine leakage related to feeling of urgency ($p = 0.008$), urine leakage related to physical activity, coughing or sneezing ($p < 0.001$), and pain or discomfort in the lower abdominal or genital area ($p = 0.032$). Regarding the age group, a significant difference was only found in frequent urination ($p = 0.005$) when increased of maternal age, but no significant difference in other symptoms in UDI-6.

When comparing the IIQ-7 scores with the parity, 61.3% (19/31) of women whose parity=1 stated that urine leakage had affected their ability to do household chores ($P = 0.29$). There was no other difference found in other items in IIQ-7 with maternal age and gestation.

The survey concluded that local Chinese pregnant women with urinary problem(s) or incontinence were very common. The importance of early recognition and increase of awareness on the prevention of urinary incontinence should be iterated during antenatal period.