



Service Priorities and Programmes
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The Enhancement of Education Program for the Outpatients with Urinary Incontinence

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Introduction

Clinical question:

The enhancement of education program for the outpatients with urinary incontinence.

Objectives

To improve clients' quality of life from psychological prospective through enhanced nurse-led education program in SOPC.

Methodology

A pre-and-posttest design was adopted. A validated 11 items Quality of Life questionnaire was developed based on the SF36,IIQ-7. Assessment on the impact of urinary incontinence covered "physical activity", "travel", "social activity" and "emotional health"

Eligible subjects were invited to join the study. Verbal consents and pretest data were obtained during their visits in SOPC.

1 to 1 education on positive psychology was delivered by nurse. Cue cards were given to subjects.

A reminder to apply positive psychology in daily life was sent via phone at around 3-4 weeks

A review phone follow-up was held at 6-weeks interval with posttest data collected
Wilcoxon signed-rank test, Marginal homogeneity test and SPSS were used in data analysis

Result

35 subjects were invited to join the study and 5 refused. For those recruited 30

subjects, 4 were unreachable and there were total 26 subjects for data analysis. For the subjects, 80.8% (21/26) were female and 65.4% (17/26) were unemployed or housewife. 92.3% (24/26) found that the cue cards were useful. For the impact of urinary incontinence on quality of life, there were significant improvement in aspects of work, activity level, recreation, traffic, sleep, emotion and frustration with statistical significance $p < 0.05$. It proved that the program can help people with urinary incontinence to improve their quality of life.