



Service Priorities and Programmes Electronic Presentations

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Management programme for female patients with urinary frequency

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Introduction

Prevalence of urinary incontinence (UI) was reported to be 17-45%. Current evidence supports pelvic floor muscle training for at least 3 months supervised by physiotherapists as an effective first-line management. There was a gap of existing service provision of group therapy in our Physiotherapy (PT) Department.

Objectives

(1) to renew the effectiveness of a new continent care programme for female patients in our department; (2) to solicit feedback from patients.

Methodology

The programme was restructured to span out in 3 months, starting with an education class, and then individual training sessions. With patients' consent, digital vaginal examination (VE) was done to instruct the pelvic floor muscle exercise, using record sheet to enhance home practice. Bladder training was taught with bladder diary and pamphlet on lifestyle modification of good bladder and bowel habits. Functional training with bracing technique was practiced. The bladder and bowel scores of the Australian Pelvic Floor Questionnaire which reflect patients' severity of problems were adopted and translated into Chinese as outcome measures. They were assessed at baseline and completion of programme. An opinion survey was conducted at the end.

Result

25 UI patients were recruited into the programme: stress 36%, urge 28% and mixed 36%. Mean age was 57.1 (SD 11.3) with symptom duration 56% within a year & 44% beyond. Mean PT sessions were 3.64 (1.47) in a mean period of 6.16 weeks (4.12). Mean pre-post bladder score difference was 2.4 (/10) (SD 1.09; 95% CI 1.94-2.86), bowel score 1.31 (SD 0.99; 95% CI 0.9-1.72) (both $p < 0.001$). Most women (8) reported SUI > 1 weekly pretreatment while most women (10) reported no problem after. The modal daytime urinary frequency was 11-15 times (8) pretreatment and ≤ 7 times (13) post-treatment. The modal frequency for night was 2 (12) pretreatment and 0-1 times (15) after ($p < 0.001$). From the satisfaction survey, 80% found the education talk helpful and 64% for VE. This promising programme is recommended for routine care and a large study for confirming effectiveness.