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## E-SPUI- Experiences of stroke patients regarding urinary incontinence according to the health belief model

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This study intended to examine the experiences of poststroke patients in terms of urinary incontinence on the basis of Health Belief Model. The study was conducted during October-November 2014 in Izmir, Turkey. The study was conducted on a total of 15 patients. The age average of participants was  $67.93 \pm 1.23$ . Data was collected by means of a personal information form and a semi-structured interview form. Four main dimensions were obtained in relation to patients' experiences during the study, which are (i) Perception of urinary incontinence, (ii) Effects of urinary incontinence, (iii) Application of pelvic floor muscle exercises, and (iv) Coping with urinary incontinence. Perception of urinary incontinence; while majority of patients did not indicate urinary incontinence as a problem that developed after stroke, they related it to the treatments applied, menopause, past urination related experiences, sneezing and excessive water consumption. Effects of urinary incontinence; This dimension consists of three sub-dimensions, which are: psychological effects, effects on daily life, and effects on caretakers. Application of Pelvic Floor Muscle Exercises (PFME); This dimension consists of four sub-dimensions, which are: Knowing the exercise, considering its benefits, obstacles in execution of exercises, and reminders. Coping with urinary incontinence; This dimension consists of two sub-dimensions, which are: Changes in lifestyle and treatment methods. As a result of the study it was found that all patients and caretakers experienced negative consequences in physiological, psychological, social and economical terms due to the urinary incontinence occurring after stroke and therefore had certain needs.

### Biography

Ayşe Beşer has completed her PhD in Department of Public Health Nursing from Ege University. She has been working as a Professor at the Koc University School of Nursing. She has published more than 40 papers in reputed journals and has been serving as an Editorial Board Member of reputed.

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