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Urinary incontinence and life quality of women living in nursing homes in the Mediterranean region

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Aim: This study was conducted to determine the effect of urinary incontinence on the life quality of women living in nursing homes in the Mediterranean region.

Materials and Methods: The study was conducted on 95 women living in nursing homes in the Mediterranean region. Data were collected by using a questionnaire to gather socio-demographic characteristics, the Urinary Incontinence Quality of Life Scale (I-QOL) to evaluate women's life quality, the Index of Activities of Daily Living to evaluate the dependence of patients while performing their daily living activities, and the International Consultation on Incontinence Questionnaire short form to determine the urinary incontinence type.

Results: Quality of life of those who did not consider urinary incontinence a health problem was significantly higher than that of those who considered otherwise. Mixed urinary incontinence was the most common urinary incontinence type among the women living in nursing homes with a rate of 31.7%. According to the overall mean scores of the I-QOL scale, life quality was the most affected among women who had nocturnal incontinence. Life quality was followed by the mixed type, stress type, and urge type of incontinence.

Conclusion: Early diagnosis and treatment of urinary incontinence could be conducted through trainings provided by health personnel who have a unique role in changing the perception in society. Identifying this problem and determining and preventing the risk factors are important to enhance the quality of life of women.

Biography

Sinem Göral Türkcü works as a Research Assistant in Pamukkale University, Faculty of Health Sciences, Department of Obstetrics Gynecology Nursing in Denizli, Turkey. She is a PhD student at the same university.

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