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A descriptive study to assess the prevalence of stress urinary incontinence among middle aged women who are working under MIS in selected institutions of Manipal Academy of Higher Education in view of providing health teaching on pelvic floor exercise.

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"ABSTRACT

A research study titled "A Descriptive study to assess the prevalence of stress urinary incontinence among middle aged women who are working under Manipal Integrated System in selected institutions of Manipal Academy of Higher Education in view of providing health teaching on pelvic floor exercise" was conducted by Ms Liby Baby in partial fulfillment of the requirements for the degree of Master of Science in Nursing at Manipal College of Nursing, MAHE, Manipal, Karnataka.

The objectives of the study were to assess the prevalence of stress incontinence in middle aged women and to determine the association between stress urinary incontinence and selected baseline variables.

The study adopted modified conceptual frame work based on Irwin Rosenstock's Health Belief Model. In present study perceived threat is prevalence of stress urinary incontinence and the modifying factors are occupation, type of delivery, BMI, number of children, age in years at marriage and age in years at delivery. The perceived benefits are prevention of illness and its complications, and improved quality of life and for that the health actions to be taken are gaining knowledge on pelvic floor exercise, improving personal health and periodic health checkups.

For assessing content validity, tools were given to seven experts from various departments. Modifications were done as per the validaters suggestions. To determine

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feasibility, reliability and practicability of research design, Pilot study was conducted. The study methodology was found to be feasible.

This study adopted quantitative approach with descriptive survey design. Middle aged women (35-65yrs) who are working under MIS in selected institutions of Manipal University were selected by using purposive sampling. Ethical clearance was obtained from Institutional Ethical Committee. Total of 842 participants were taken for the study. Data was analyzed using SPSS 16.

The study findings revealed that, out of 840 middle aged women, 444 (52.7%) are between the ages of 35-45 years. Most of the women i.e. 536(63.7%) had normal BMI (18.5-24.9kg/m2). Majorities are married 834(99.0%) and married between the age of 21-30 years 530 (62.9%). Majority of 679(80.6%) women had their first delivery between the ages of 21-30. Among the majority 533 (63.3%) had spontaneous vaginal delivery, 187 (22.2%) had caesarean section and 52 (6.1%) had both vaginal and caesarean delivery. Among those who had normal vaginal delivery majority of 344(40.8%) had 2 normal vaginal deliveries. Those who had hospital delivery were 778(92.4%) and home deliveries were 35(4.2%). The weight of the first baby delivered was 2-3kg among 464(55.1%) middle aged women. Postnatal exercise was not practiced by 727(86.3%) women. Majority of the women had no previous pelvic surgeries 822(97.6%) and 764(90.7%) are not attained menopause.

Out of 842 middle aged women, maximum of 609(72.3%) are having either one or more than one symptoms of stress urinary incontinence and 233(27.7%) are not having any symptoms of stress urinary incontinence. Out of 609 women who had one

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or more than one symptoms of stress urinary incontinence, majority had involuntary loss of urine during slight coughing 427(70.1%) and during severe coughing 129(21.2%). The least occurring situations was while getting up from a sitting to a standing position 30(4.9%) and while walking briskly 40(6.6%).

The selected variable such as age of the women (OR=6.627, 95% CI [3.177-14.014], p<.001), BMI of the women (OR=17.382, 95% CI [2.241-134.832], p<.001), age at marriage (OR=11.174, 95% CI [1.255-99.483], p< .001), age at first delivery

(OR=4.352, 95% CI[1.635-11.584], p< .001), spacing between pregnancy(OR=1.808, 95% CI[1.285-2.543], p<.001), type of delivery(OR=4.026, 95% CI[0.808-20.076], p<.001), place of delivery(OR=0.358, 95% CI[0.139-0.918], p=.013), weight of the first baby(OR=1.503, 95% CI[0.607-3.726], p<.001), attained menopause (OR=0.401, 95% CI[0.208-0.773],p<.005) and postnatal exercise practiced (OR=2.553, 95% CI[1.299-5.017], p<.001) are significant at 0.05 level. Hence the research hypothesis is accepted with regards to the above variables."