

URINARY INCONTINENCE IN FEMALE PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE

ABSTRACT: Background: Urinary incontinence has been experienced as a problem since 1500 BC. In the twentieth century it is still a major problem that remains a source of distress for many sufferers. A lack of literature regarding the prevalence of stress urinary incontinence (SUI) amongst chronic obstructive pulmonary disease (COPD) patients lead to this study. **Objective:** To determine the prevalence of stress urinary incontinence in female COPD patients between the ages of 30 and 70 years.

PAPADOPOULOS M¹;
MULLER I; CULLEN S

¹ Lecturer in Physiotherapy, Department of Physiotherapy, University of the Witwatersrand.

Methods: This cross-sectional study included 67 female COPD patients (aged 30-70 years) who were interviewed during a three month period. A structured COPD / incontinence questionnaire was used to obtain data. Statistical analysis of results included Fisher's exact test and two-tailed t-tests. A p-value of $< 0,05$ was considered to be statistical significant.

Results: The prevalence of SUI in female COPD patients was estimated as 82,1%. Smoking history was the only variable with a significant positive correlation regarding the patients presenting with SUI ($p < 0,05$). The proportion of smokers in the subjects presenting with SUI (SUI group - 29/55) is significantly higher than the subjects with no symptoms of SUI (normal group - 2/12).

Discussion and Conclusion: The outcome of this study revealed a high prevalence of SUI in female COPD patients. Cigarette smoking, as the major contributing factor, revealed a strong statistical correlation between COPD and SUI.

KEY WORDS: CHRONIC OBSTRUCTIVE PULMONARY DISEASE; URINARY INCONTINENCE; STRESS URINARY INCONTINENCE; PREVALENCE; CIGARETTE SMOKING

This study was completed in partial fulfillment of the B PhysT degree, University of Pretoria.

CORRESPONDENCE TO:

M Papadopoulos, Department of Physiotherapy, University of Pretoria,
P.O. Box 667, Pretoria 0001. Tel: (012) 354-2023.

**CHECK OUT
THE SASP'S
WEBSITE AT
www.physiosa.org.za**

