

Risk Factors of Urinary Incontinence among Community Dwelling Older Adults (Faktor Risiko Inkontinens Urinari dalam Kalangan Warga Emas Dikomuniti)

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ABSTRACT

Urinary incontinence (UI) is a common disorder among older adults, with a global prevalence between 2% to 58%. UI has been associated with social isolation, increased morbidity and reduced quality of life (QoL). The aim of this study was to investigate the sociodemographic, clinical, cognitive and physical function risk factors of UI among Malaysian community dwelling older adults. This study is part of a larger scale population based longitudinal study on neuroprotective model for healthy longevity among older adults (LRGS TUA). A total of 1560 Malaysian community dwelling older adults aged 60 years and above were screened in this phase III LRGS study. Participants sociodemographic and clinical history were obtained. Mini Mental State Examination (MMSE), Rey Auditory Verbal Learning Test (RAVLT) and Digit Span tested cognitive function. Timed Up and Go Test (TUG), Hand Grip Strength Test, Chair Stand Test and Lawton Instrumental Activities of Daily Living tested physical function. The overall prevalence of UI was 15.7% (n = 245) in this study, with 11.8% (n = 88) in men and 19.3% (n = 157) in women. Logistic regression analysis showed that TUG (Adjusted odds ratio [OR], 1.071; 95% confidence interval [CI], 1.02-1.13), MMSE (OR, 0.93; CI, 0.90-0.97), weight (OR, 1.02; CI, 1.00-1.03), and constipation (OR 0.60; CI, 0.46-0.78) ($p < 0.005$) were significant risk factors of UI. The results indicate, decreased physical and cognitive function; increase in weight and having constipation increased the risk of UI. Maintaining optimum mobility, cognitive function, body weight and constipation prevention are vital in the prevention and management of UI among older adults.

Keywords: Risk Factors; Urinary Incontinence; Older Adults; Community Dwelling

ABSTRAK

Inkontinens urinari (UI) adalah gangguan umum dalam kalangan warga emas, dengan prevalens global di antara 2% hingga 58%. UI telah dikaitkan dengan pengasingan sosial, peningkatan morbiditi dan kualiti hidup negatif. Tujuan kajian ini adalah untuk mengkaji faktor risiko UI dari segi sosiodemografik, klinikal, kognitif dan fizikal dalam kalangan warga emas di komuniti. Kajian ini merupakan sebahagian daripada kajian 'longitudinal neuroprotective model for healthy longevity among older adults (LRGS TUA)'. Seramai 1560 warga emas Malaysia berusia 60 tahun menyertai kajian LRGS fasa III ini. Maklumat sosiodemografik dan klinikal diperolehi daripada subjek. Ujian 'Mini Mental State Examination' (MMSE), 'Rey Auditory Verbal Learning Test' (RAVLT) dan 'Digit Span' digunakan untuk menguji fungsi kognitif. Ujian 'Timed Up and Go Test' (TUG), 'Hand Grip Strength Test', 'Chair Stand Test' dan 'Lawton Instrumental Activities of Daily Living' (IADL) digunakan untuk menguji fungsi fizikal. Prevalens keseluruhan IU didapati 15.7% (n = 245) dalam kajian ini, 11.8% (n = 88) adalah lelaki dan 19.3% (n = 157) adalah wanita. Analisis regresi logistik menunjukkan bahawa TUG (nisbah odds diselaraskan [OR], 1.071; selang keyakinan 95% [CI], 1.02-1.13), MMSE (OR, 0.93; CI, 0.90-0.97), berat badan (OR, 1.02; CI, 1.00-1.03), dan sembelit (OR 0.60; CI, 0.46-0.78) ($p < 0.005$) adalah faktor risiko signifikan IU. Hasil kajian ini mencadangkan bahawa penurunan fungsi fizikal dan kognitif; peningkatan berat badan dan mengalami sembelit meningkatkan risiko mengalami IU dalam kalangan warga emas. Mengekalkan mobiliti, fungsi kognitif, berat badan yang optima dan pencegahan sembelit adalah penting untuk pencegahan dan pengurusan UI dalam kalangan warga emas di komuniti.

Kata kunci: Faktor Risiko; Inkontinens Urinari; Warga Emas; Dalam Komuniti

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