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Self-Management Interventions for Urinary Incontinence in Women: An Integrative Review

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Background

- Urinary incontinence (UI) defined as involuntary loss of urine¹
 - Subtypes of UI: Stress UI (SUI), urge UI (UII), and mixed UI (MUI)
- Highly prevalent and stigmatized
 - Affects nearly 50% of adult women²
 - BMI > 35, parity, and age increase risk of UI³
- Costly
 - Annual cost of supplies \$550-\$1,130⁴
- Quality of life impact
 - Depressive symptoms common⁵
- Less than half of women report symptoms to their provider³
 - Fear of humiliation⁶
- Self-management (SM) interventions can positively impact women with UI
- Current literature of SM interventions for mid-life women with UI is sparse

Purpose

- Synthesize and evaluate methodologies used in UI self-management intervention studies in mid-life women

Methods

- Whittemore & Knaf⁷ integrative review methodology
- Articles published from 1990 – 2020
- Search terms: self-management, self-care, self-assessment, self-disclosure, and urinary incontinence

Inclusion Criteria

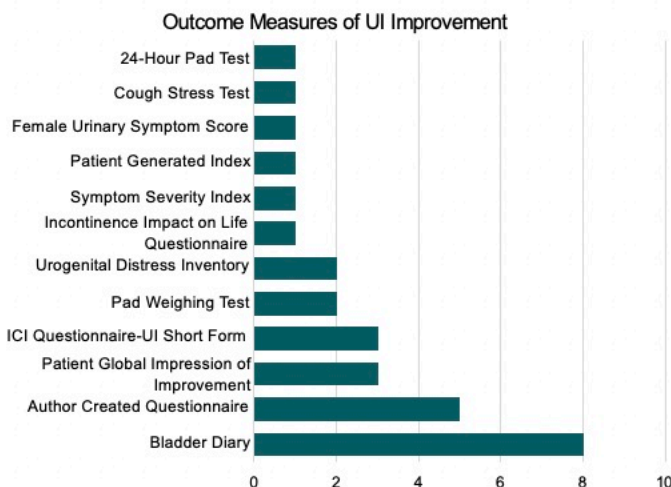
- Empirical research
- Quantitative/mixed methods
- Includes SM intervention & research measure
- ≥ 1 female participant age 40-55
- English

Exclusion Criteria

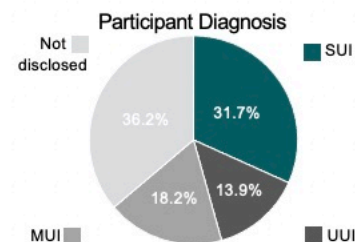
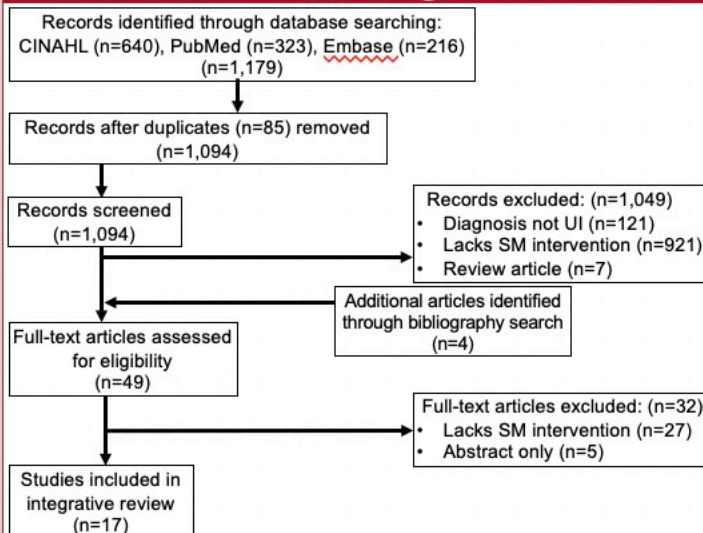
- UI secondary to neurologic, spinal cord, or pelvic disorder
- UI related to current pregnancy
- Dissertation, thesis, abstract, or editorial
- UI related to cancer pathology

Inconsistencies in intervention design and research outcomes present a significant opportunity for UI research.

Results



PRISMA Diagram



Most interventions (n=9) consisted of **education and pelvic floor muscle exercises**. Three studies also provided **social support**.

Age of participants ranged from **18 to 95 years**

Conclusion

- Multitude of UI symptom measures
- Studies typically include all subtypes of UI
- Age range of studies varied greatly
- Literature lacking quality of life and self-efficacy outcomes

Implications

- Research
 - Need for woman-centered & standardized outcomes
 - Future research should explore self-efficacy and quality-of-life measures for rigorous approach to SM interventions
- Practice
 - Provider awareness & screening of UI in mid-life women is vital to addressing condition

References & Contact

