

PHYSIOTHERAPY INTERVENTION ON URINARY INCONTINENCE IN PATIENTS WITH MULTIPLE SCLEROSIS - A CASE REPORT.

Hypothesis / aims of study

Multiple sclerosis (MS) is defined as a chronic, progressive disease that affects young adults aged less than 40 years, and that leads to the emergence of various neurological symptoms and signs, many of these disabling. MS is characterized by lesions - distinct areas of myelin loss distributed in the Central Nervous System (CNS), primarily in the white matter. The clinical manifestations of the disease vary from one individual to another⁽¹⁾. The disorder of urination, present in MS patients is mixed urinary incontinence, which is not very often mentioned in the literature, and which often prevents the social lives of individuals with MS, is a limiting factor for walks as well as a nuisance to daily activities^(2,3).

Objective: Check the benefits of physical therapy on urinary incontinence in patients with Multiple Sclerosis and to assess the quality of life of these patients.

Study design, materials and methods

A case study was performed in the ambulatory of Pelvic Floor Physiotherapy, Department of Obstetrics and Gynecology at the Santa Casa de Misericórdia de São Paulo, in the period from March to December/2013, with a female patient, 55, bearer of sclerosis multiple and mixed urinary incontinence. Fifteen sessions, each an hour long, once a week were performed. The first and last session were reserved for evaluation and reevaluation through the Quality of Life Questionnaire for Urinary Incontinence, condition - specific (ICIQ-SF), questionnaire assessing Overactive Bladder (OAB), Functional Assessment of pelvic floor by bi-digital touch and Pad Test; patient was also asked to perform filling out the bladder diary for 3 consecutive days. The patient was reevaluated at the end of treatment and after 5 months.

Results

In the first voiding diary the patient had daytime urinary frequency of 11 times, 3 times nocturia and enuresis, in the remaining daytime voiding diaries presented frequency of 6 times and absence of nocturia and enuresis also.

Concluding message

In this case study, the physical therapy treatment for mixed urinary incontinence showed satisfactory results, since this treatment reduced the symptoms of UI and improved the patient's quality of life.

References

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Disclosures

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