

Pakgohar M¹, Hamid T A², Ibrahim R², Vahid Dastjerdi M³

1. School of Nursing and Midwifery, Tehran University of Medical Sciences, Tehran, Iran, 2. Institute of Gerontology, Universiti Putra Malaysia, Selangor, Malaysia., 3. School of Medicine, Tehran University of Medical Sciences, Tehran, Iran

ELDERLY COMMUNITY DWELLING WOMEN'S EXPERIENCES OF MANAGING STRATEGIES FOR URINARY INCONTINENCE (UI): A QUALITATIVE STUDY

Hypothesis / aims of study

Urinary incontinence (UI) is high prevalent in older women. Little is known about how they manage with this chronic condition from their points of view.

The aim of this study was to explore older women's experiences of management strategies in dealing with urinary incontinence.

Study design, materials and methods

We conducted a qualitative study of eight community dwelling women aged 60 and over, with long term UI term (greater than 10 year's duration). After conducting semi-structured interviews, we transcribed the participants' responses, and analysed them using Van-Mannen hermeneutic phenomenological method

Results

One theme emerged from the data which is labeled as strategies adopted to combat the urinary incontinence. Within this theme three sub-themes 1) Re arranging physical environment, 2) Avoiding wetness and odor, 3) Selective consumption of specific food emerged.

Interpretation of results

The women rearrange their furniture close to the toilet, restricted water, tea, and coffee intake as well as eliminating consumption of watermelon and Melon versus increasing consumption of garlic, banana, and nuts. They repeatedly go to toilet and change underwear and pad. All of them voided before going out of home. This means that women modified their life style and use many self management strategies for dealing with urinary incontinence which were learned

Concluding message

Results indicated that women need to be informed that there exist various treatments for UI and encourage them to seek treatment for UI.

Disclosures

Funding: it has been approved by ethics Committee in Universiti Putra Malaysia and Health minister of Iran. **Clinical Trial:** No **Subjects:** HUMAN **Ethics Committee:** it has been approved by ethics Committee in Universiti Putra Malaysia and Health minister of Iran. **Helsinki:** Yes **Informed Consent:** Yes