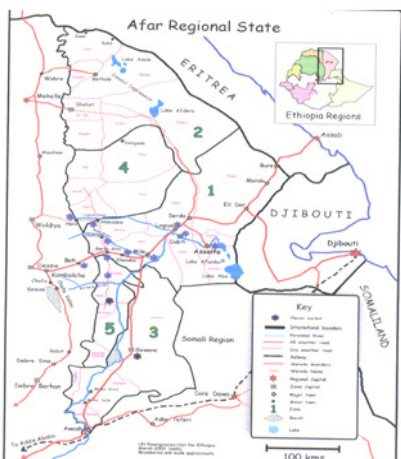


# Assessing the prevalence of unreported urinary incontinence in a low resource setting

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## Introduction



## Methods

### Design and Methods

Patients who attended gynae clinic and who did not complain of any urinary symptoms were asked if they were willing to complete the UDI 6 questionnaire.

### Study design and Methods

- UDI 6 was chosen as the vehicle
  - UDI = Urinary distress inventory
  - Comprising 6 questions
- It has previously been validated in a number of languages including Arabic and Italian
- UDI 6 was first validated in the two most common languages in our population
  - Namely Amharic and Afar

### Content validity

- It quickly became apparent that frequency of urination had no meaning
- This question was therefore replaced by two others:
- How often do you pass urine during the day?
- How often do you get up from bed pass urine during in the night

## Possible causes

- Coldest "winter" I have experienced
  - Plans to repeat at hottest time of the year scuppered by failure of solar water system, followed by Ramadan.
- Coffee is national drink!
- Worth exploring whether there is an ethnic difference and whether there is a difference between town dwellers and those who live in bush.

## Conclusions

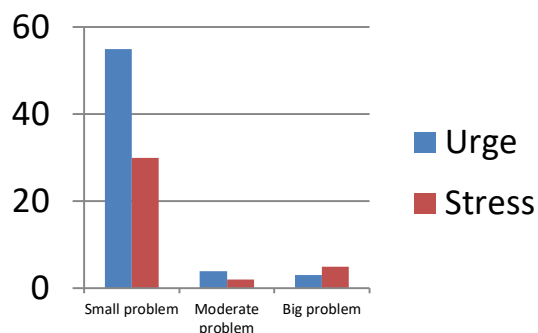
- Our population like many others, shows similar number of patients with significant unreported problem of urinary incontinence.
- Finding of significant nocturia is surprising in a rural African population and warrants further investigation

## Results

Of 195 respondents, 60 (41%) had suffered incontinence in the preceding month

For most of these, it was a minor problem

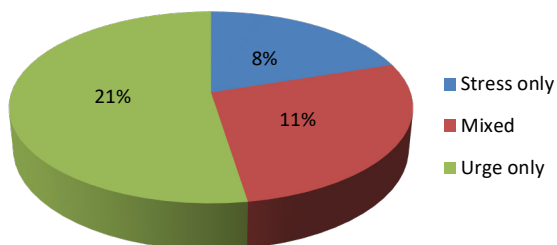
### Relative prevalence of incontinence



—Predominant symptom was urge

\*In other populations, stress is dominant\*

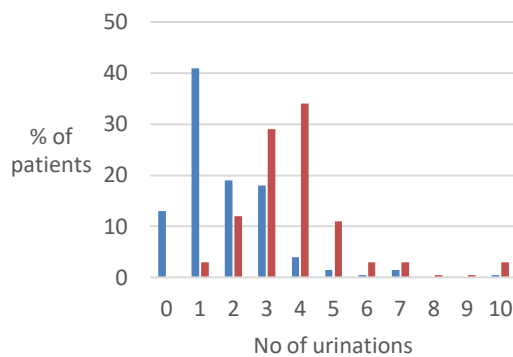
### Prevalence of different types of incontinence



### Frequency of urination

- Average daytime frequency = 3.7(1 – 10)
- Average night time frequency = 1.8 (1 – 10) !
  - This is a surprising result
  - Only 13 % had not got up at night in preceding month
  - 45% of 2 or more episodes of nocturia
- Average age patients 30 (16 – 60)
- Average age staff 29 (17 – 50)

### Frequency of urination



■ Night ■ Day

### No of urinations

