



# An evidence-based self-management guide for older women with urinary incontinence: a feasibility study

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# Urinary incontinence (UI) in women

- Prevalence increases with age (Figure 1)
- Considerable physical, psychosocial & emotional consequences
- High cost to health services (UK: £233 million per annum)
- Remains underreported & undertreated (Figure 2)

Figure 1

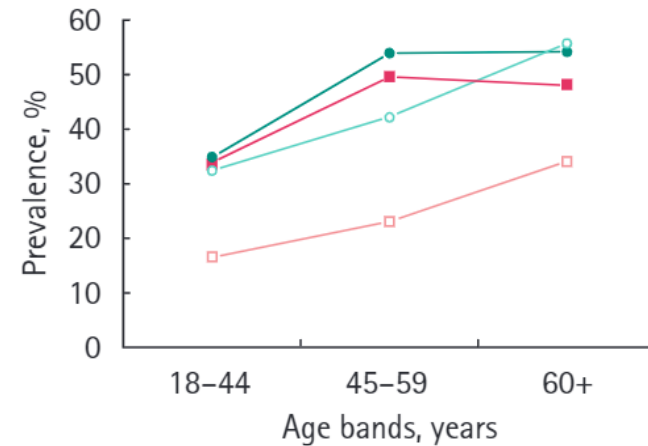
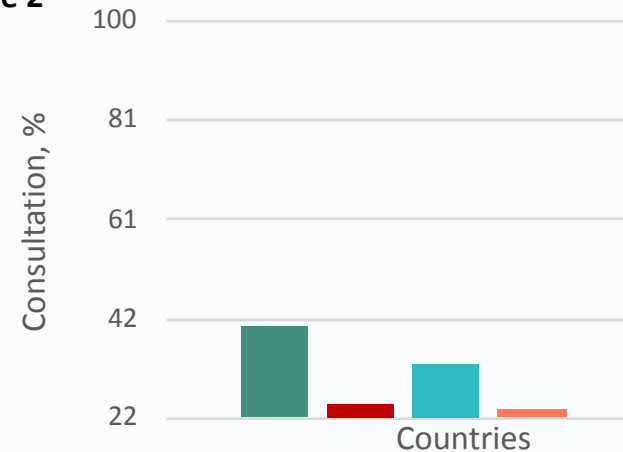


Figure 2



Hunikaar et al., 2004

# Self-management



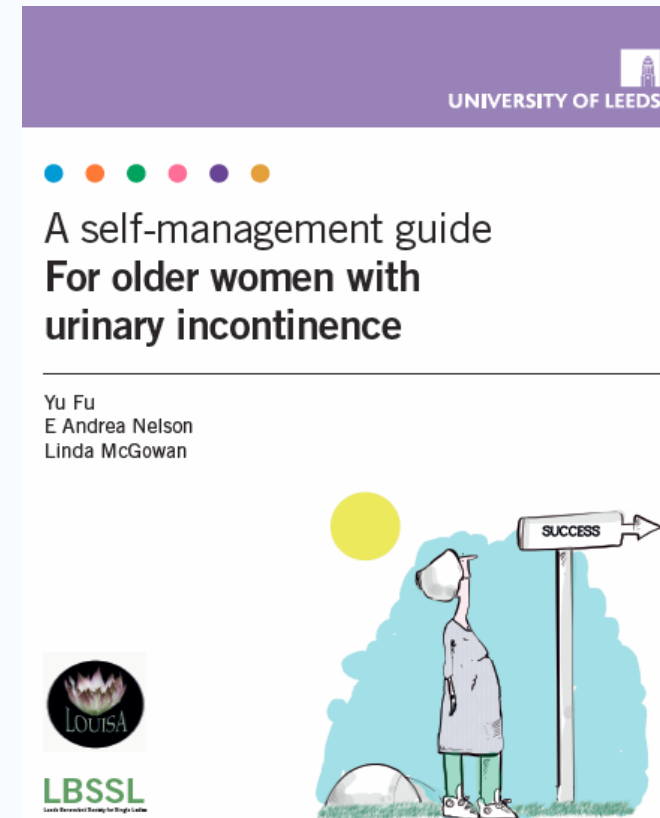
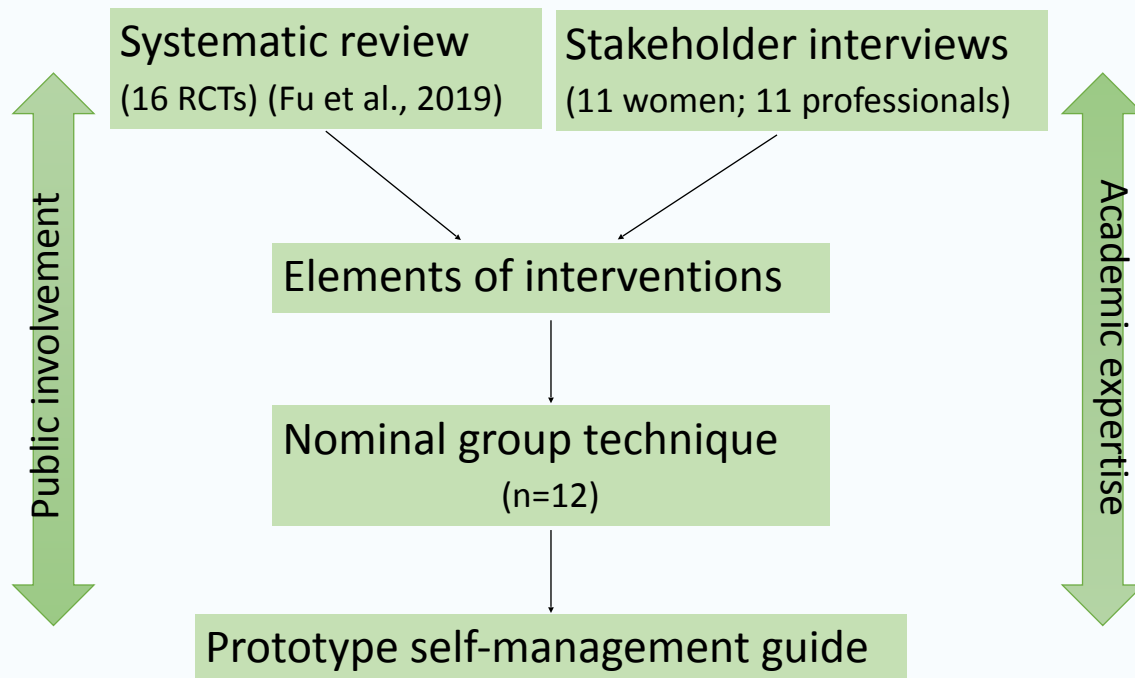
**Education**

**Training**

**Support**

# Self-management of UI: intervention development

- MRC framework for complex intervention (Craig et al., 2008)



# Contents

## Stage 1. Recognition and aware

How do you know that you have urin  
You are not alone. ....  
What it feels like living with UI .....

## Stage 2. Getting the support you

Your local healthcare team .....  
Continence clinic .....  
Urogynaecology department .....

## Stage 3. Understanding the cau

Common risk factors for UI.....  
Certain medications may cause UI..

## Stage 4. Learning to manage yo

Pelvic floor muscle exercises .....  
Bladder training.....  
Lifestyle changes .....  
Body care.....  
Managing expectations and thinking  
Pads and aids.....  
Other medical treatment options.....

## Stage 5. Developing a self-man

First understand your thoughts and  
Understanding how UI affects your l  
Keep a fluid and bladder diary.....  
Making a plan.....

## Stage 6. How can you find out r

More resources that may help you...  
Local healthcare support that may h

## Impact on how you feel

Your feelings can also be affected  
they have learnt to live with it or  
embarrassed about the condition  
their UI.

*It does make your life a  
I feel like I could get a  
cut it out, and finish with  
it's so distressing*

### Common feelings are:

- ▶ **Worried about the cause**
- ▶ **Embarrassed to tell others**
- ▶ **Frustrated about where**
- ▶ **Less confident**

## Managing expectations and thinking positively

For many women, there is not a quick fix for their UI. It means that you may have to live with it for the longer term. Be reassured that you can learn to manage your own expectations and develop skills to help ease the symptoms.



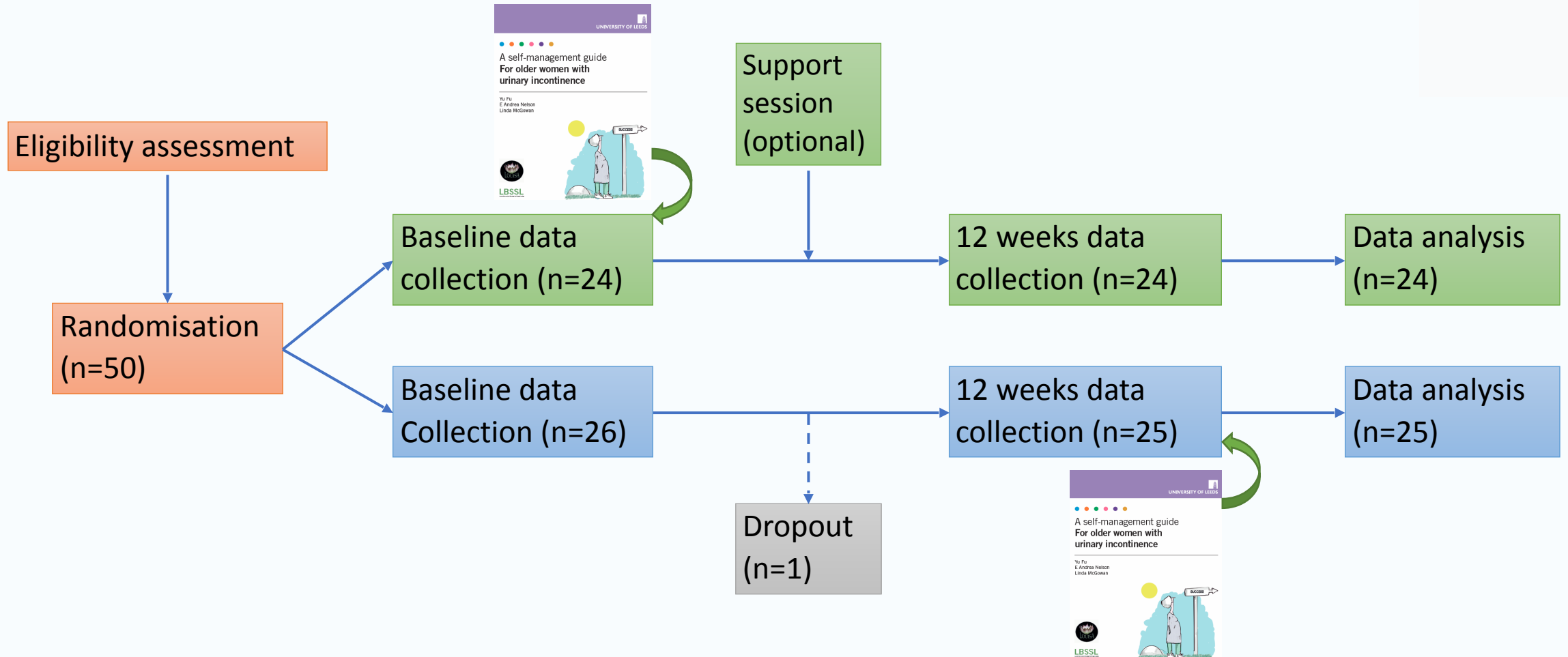
### Thinking positively

Positive thinking means choosing to focus on the positive over the negative. It can simply make you feel better and help you to build confidence. Here are some ideas from other women with UI.

- ▶ **Telling yourself that you can overcome the condition and it does not have to prevent you doing anything;**
- ▶ **Thinking and focussing on something pleasant, like replaying a pleasurable experience or imagining something in the future;**
- ▶ **Thinking of things that you enjoy doing**

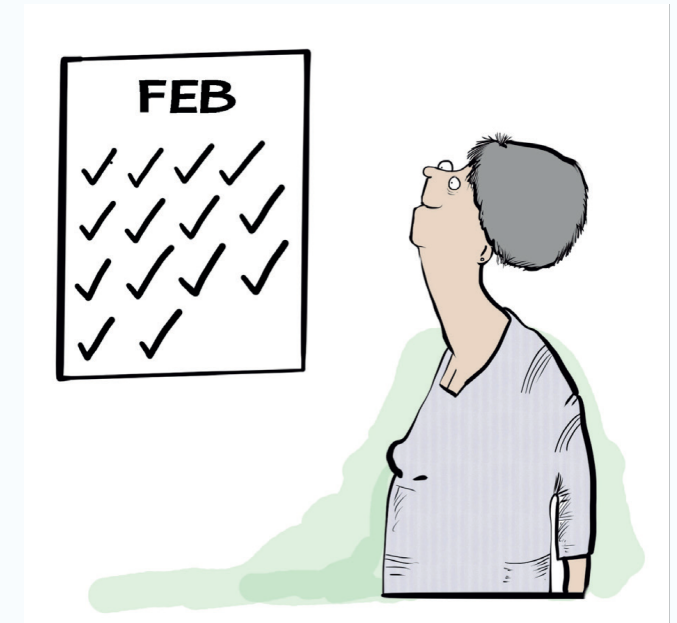
*I don't allow anything to upset me too much. I never have done. And I've had some very difficult times. And I believe in being positive...*

# Self-management of UI: a feasibility test - design



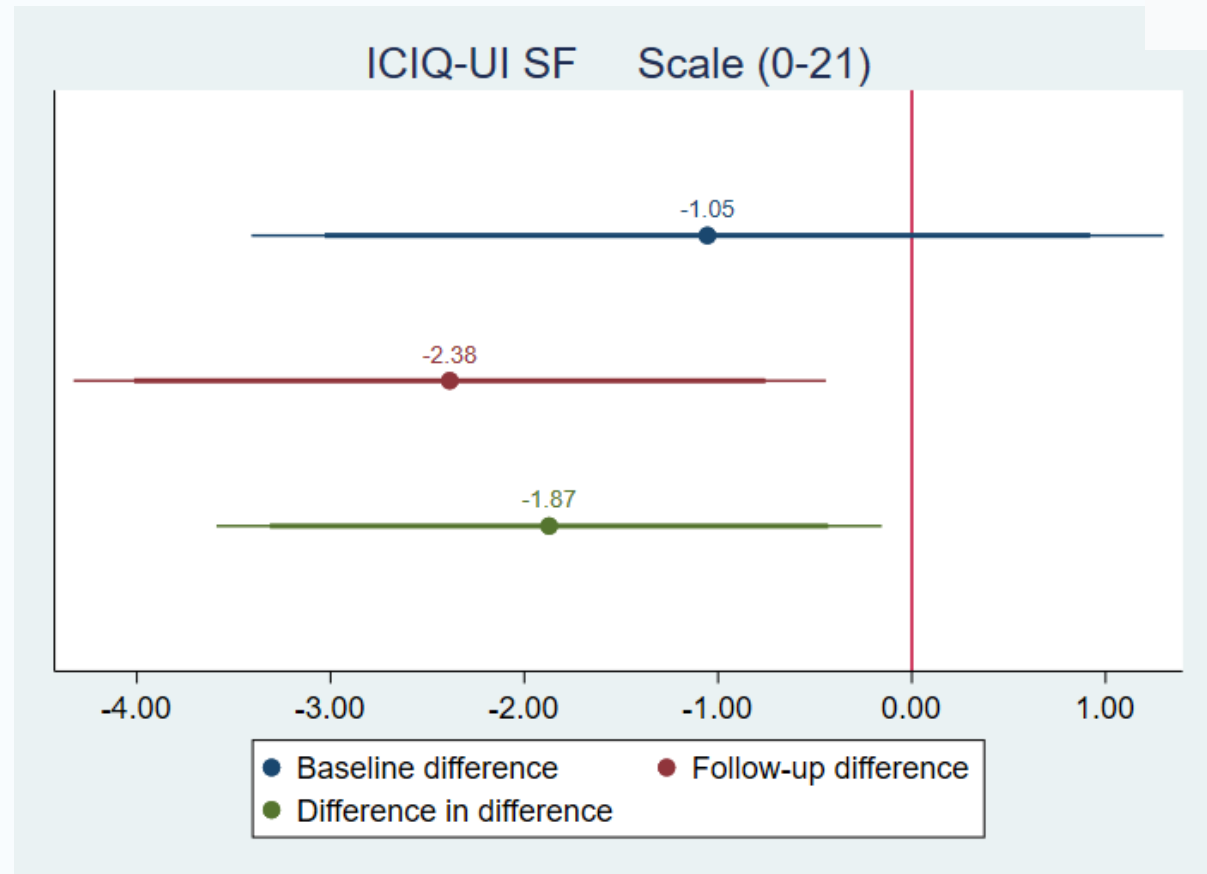
# Self-management of UI: a feasibility test - methods

- Community setting
  - Age (mean= 69.6; SD= 9.1)
  - UI type: Stress UI (28.6%), Urge UI (34.7%), Mixed UI (36.7%)
- Outcome measures (baseline, 12-week follow up)
  - UI symptom (ICIQ-UI SF)
  - Self-efficacy (GSE-UI)
  - UI related QoL (KHQ)
  - General QoL (EQ-5D-5L)
  - Emotional health (HADS)
  - Perceived change (PGI-I, *intervention follow-up*)



# Self-management of UI: a feasibility test - results

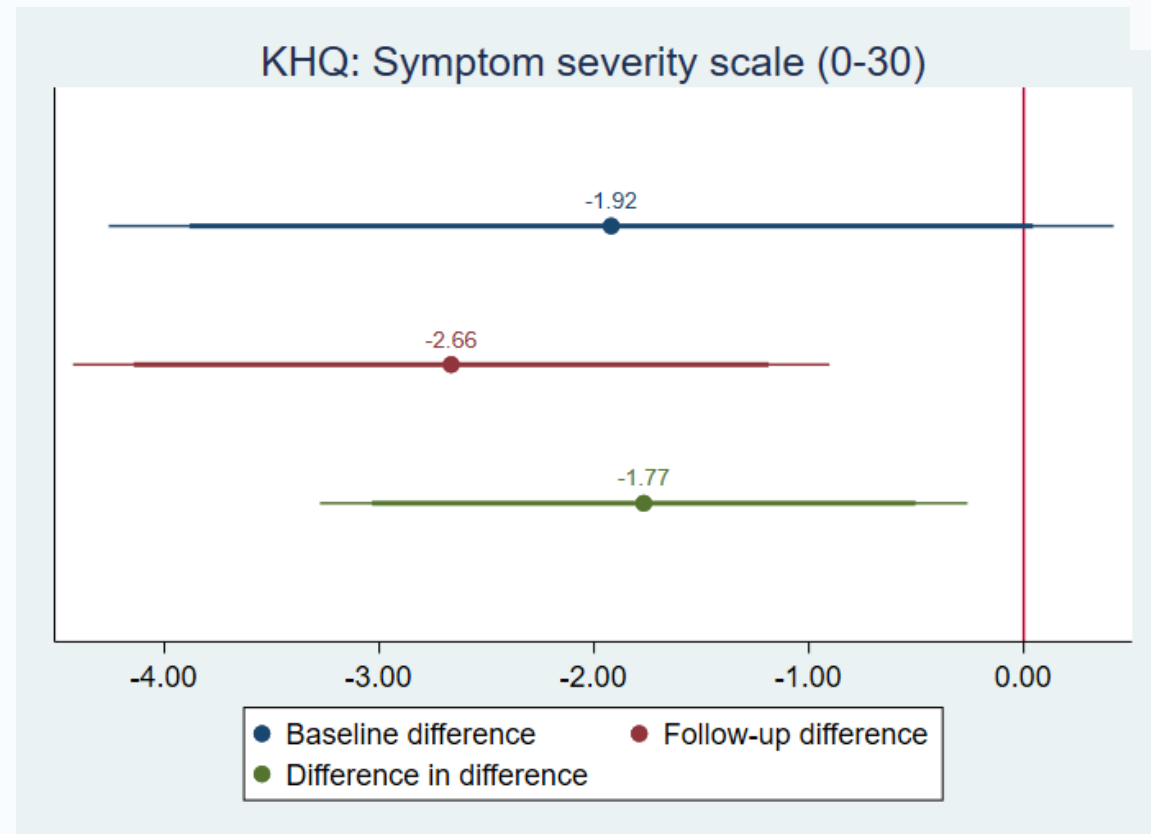
- No difference at baseline
- Sig difference in UI symptoms at 12 weeks
- Sig improvement in difference in UI symptoms at 12 weeks (MD=-1.87, 95% CI [-3.58, -0.17])





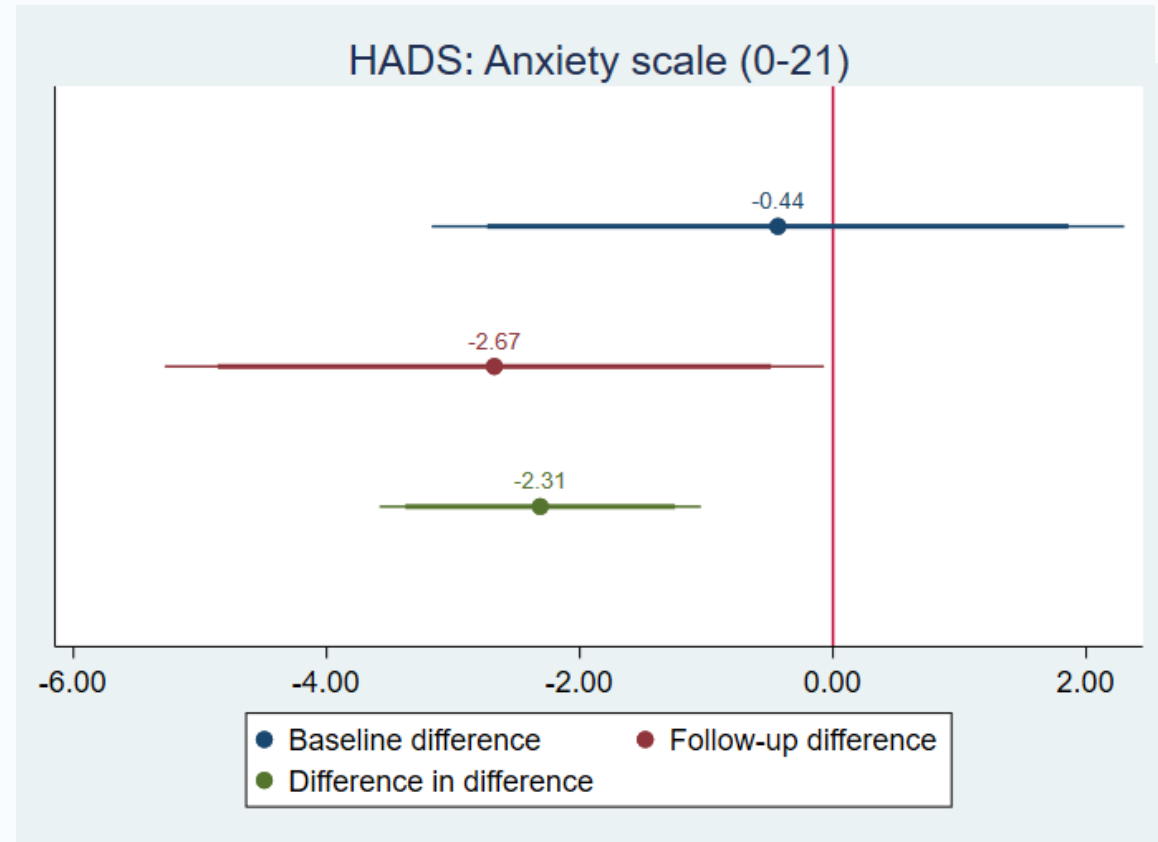
# Self-management of UI: a feasibility test - results

- No difference at baseline
- Sig difference in UI severity at 12 weeks
- Sig improvement in difference in UI severity at 12 weeks (MD=-1.77, 95% CI [-3.27, -0.26])



# Self-management of UI: a feasibility test - results

- No difference at baseline
- Sig difference in anxiety at 12 weeks
- Sig improvement in difference in anxiety (MD=-2.31, 95% CI [-3.62, -1.01])





## Self-management of UI: a feasibility test - results

- No difference in self-efficacy and general QoL
- The majority (70.9%) felt their UI being better at 12 weeks

<b>Perceived change (PGI-I)</b>	<b>No. (%)</b>
Very much better	1 (4.2)
Much better	7 (29.2)
A little better	9 (37.5)
No change	3 (12.5)
A little worse	4 (16.7)
Much worse	0 (0)
Very much worse	0(0)



## Summary

- Evidence-based intervention co-developed with women and professionals;
- Potential benefit observed through preliminary results;
- Publication of the feasibility study is on the way;
- Small sample study needs to be replicated;
- Seeking funding to adapt and test the guide in clinical settings;
- Seeking collaborations to adapt and test the guide in other contexts.



Thank you

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Fu, Y., Nelson, E.A. and McGowan, L. 2019. Multifaceted self-management interventions for older women with urinary incontinence: a systematic review and narrative synthesis. *BMJ Open*. **9**(8), pe028626.