

Prevalence of Urinary Incontinence in Individuals With Chronic Obstructive Pulmonary Disease in SDM Hospital Dharwad – A Pilot Study

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Abstract

Introduction: This study was conducted to find out the prevalence of urinary incontinence in individuals with chronic obstructive pulmonary disease in SDM Hospital, Dharwad. Chronic obstructive pulmonary disease is a common, preventable, and treatable disease characterized by persistent respiratory symptoms and airflow limitation that is due to airway and/or Alveolar Abnormalities, usually caused by significant exposure to noxious particles. According to a study, individuals having COPD who experience chronic cough are prone to develop urinary incontinence, as coughing increases the pressure on the bladder. Any involuntary urine leaking is a defining feature of urinary incontinence, which is defined as a loss of bladder control. The presence of Urinary Incontinence among COPD patients can be a strong factor in terms of exercise avoidance, and reduced social participation and can result in a double risk factor for the adverse effects of physical inactivity.

Objective: To find out the prevalence of urinary incontinence in individuals with chronic obstructive pulmonary disease in SDM Hospital, Dharwad.

Methodology: A qualitative study was conducted through a questionnaire available in the languages, English and Kannada.

Results and Conclusion: 55 individuals participated in this study, out of which 25 participants complained of symptoms of urinary incontinence. Among those 25 people, 4 of them had slight symptoms, 14 had moderate symptoms, 7 had severe symptoms and none had very severe symptoms. Among the 25 people having Urinary Incontinence, 15 were Women and 10 were Men.

Keywords: Chronic Obstructive Pulmonary Disease; ICIQ-UI; Pelvic Floor Muscles; Urinary Incontinence