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Factors associated with increasing the risk of urinary incontinence in hospitalized elderly patients

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Background: Urinary incontinence affects patient's quality of life and is associated with morbidity and mortality. As the population ages, the numbers of older people with urinary incontinence will significantly increase along with the cost of their care.

Objectives: The aim of this study was to investigate the prevalence of urinary incontinence and the characteristics of urinary incontinence patients for hospitalized elderly at Konkuk University Medical Center. In addition, we analyzed factors associated with increasing risk of urinary incontinence within the 48/6 model of care system.

Subjects & Methods: This cross-sectional study was conducted among elderly patients in the 48/6 model of care system developed at the Konkuk University Medical Center. Data of the study was collected between October 2016 and April 2017. A population of 4,676 hospitalized patients, aged over 65 years old, were initially evaluated by the 48/6 model of care system.

Results: Of the 4,676 elderly patients, 308 patients (6.6%) had experienced urinary incontinence and it was more common in women than men. Of 326 patients who completed the International Consultation on Incontinence Questionnaire-Short Form (ICIQ-SF), 101 patients were concerned about urinary incontinence. Mean score of total ICIQ as well as quality of life were higher in incontinent patients and more percent of patients having urinary incontinence underwent incontinent symptoms more frequently, abundantly and severely. The associated factor based on 48/6 model of care with increasing risk of urinary incontinence were cognitive impairment, pain, polypharmacy, dysphagia and decreased mobility.

Conclusion: The findings of our study is that five domains of 48/6 model of care were associated with urinary incontinence. Therefore, effort to screen out and to manage these associated factors among hospitalized elderly patients should be considered to improve quality of life and healthier condition after discharge in elderly.

References

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Biography

Kyoung Jin Kim is a Specialist of a Family Medicine, interested in the health and wellbeing of patients in clinical practice. Especially, as a young Doctor, she is concerned about elderly people in the aging society and would like to provide advanced medical care through research activities.

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