

Prevalence of Urinary Incontinence in woman after 6-week Postpartum Period

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Objective: To study the prevalence and risk factors of urinary incontinence in 6-week postpartum women

Methods: Total of 363 women, aged 15 to 44 years, delivered in a University Hospital and scheduled for 6-week postpartum check up were recruited. Self-administration questionnaires and structural interview were used to collect baseline data. The quality of life was measured with a condition-specific validated instrument. Urine analysis was used to determine the urinary tract infection in the woman with postpartum urinary incontinence.

Results: The prevalence of urinary incontinence in 6-week postpartum women was 75 in 363 (20.66%; 95% CI 16.61, 25.19). Divided into three groups, stress incontinence 56, urge incontinence 2 and mixed incontinence

17. The 6-week postpartum urinary incontinence women affected her quality of life 89.3% (67 in 75). The urinary tract infection was detected 17.3% (13 in 75). Risk factors of postpartum urinary incontinence were: BMI more than 30 (OR 6.94; 95% CI 2.15, 22.42), baby head circumference more than 35 cm (OR 4.07; 95% CI 1.51, 10.95). Pelvic floor muscle exercise showed protective effect in postpartum urinary incontinence (OR 0.007; 95% CI 0.002, 0.025).

Conclusion: The prevalence of urinary incontinence in woman after 6-week postpartum period was high. BMI, baby head circumference and pelvic floor muscle exercise were contributing factors to postpartum urinary incontinence.