

## THE EFFICACY OF BT/ PFMT IN ELDERLY WOMEN WITH INCONTINENCE, A PROSPECTIVE CONTROLLED STUDY

### Hypothesis / aims of study

PFMT is a 1st line treatment in women with SUI and mixed incontinence. It is especially recommended for elderly. We underwent evaluation of a structured program of bladder training and PFMT in treatment of any incontinence among elderly women

### Study design, materials and methods

Fifty women above the age of 60, neurologically free and provided informed consent were included in this quasi-experimental prospective study. Allocation to treatment or and control groups was made sequential. Those who make the study group received 6 sessions; 2 educational and 4 instructed pelvic floor training and bladder training, including biofeedback. Women were evaluated at baseline, 2 and 4 months after the program ended. History, examination, voiding diary, pad test and Standard Arabic UDI-6 and IIQ-7 were collected.

### Results

More than half of all women had mixed incontinence, a third had urge and remaining had pure stress. No statistically significant difference was observed between the study and control group regarding age, marital status, education and living arrangements. Median pregnancies were 6 and 7 in the study and control group respectively and median normal delivery was 5 in the 2 groups (p 0.47).

### Interpretation of results

The number of incontinence episodes among study group significantly decreased at 2 and 4 month (p = 0.001). At baseline, 9 and 12 patients in the study and control group had insignificant ( $\leq 1$  gm) pad weight increase respectively while 16 and 13 in the study and control groups had pad weight  $>1$  gm. At 2 months, 14 and 15 had pad weight gain  $> 1$ gm in the study and control group (p= 0.02). At 4 months, women with significant pad gain further decreased to 12 in the study group (p=0.01). UDI-6 and IIQ-7 both showed significant improvement in the study group at 2 months and was maintained at 4 months.

### Concluding message

A structured PFMT /BT program is helpful in elderly women with any type of incontinence at short term.

### Disclosures

**Funding:** Institutional **Clinical Trial:** Yes **Public Registry:** No **RCT:** No **Subjects:** HUMAN **Ethics Committee:** Institutional board **Helsinki:** Yes **Informed Consent:** Yes