

Emotional impact of urinary incontinence in women before and two years after transobturator sling surgery

Fornari A¹, Anzolch K², Limberger L³, Anzolch M⁴, Mesquita L⁵, Carboni C⁶

1. Santa Casa Hospital from Porto Alegre, 2. Moinhos de Vento Hospital, 3. Hospital Nossa Senhora da Conceição, 4. Universidade Federal Rio Grande Sul, 5. Universidade Federal Rio Grande do Sul, 6. Faculdade Inspirar Porto Alegre

Hypothesis / aims of study: The emotional, psychological, life relationship and quality of life impairment in women with stress urinary incontinence are factors widely cited in the literature. However, few studies have specifically evaluated these questions with adequate questionnaires in the pre and late post-operative periods^{1,2,3}. The objective of this study is to describe the emotional impact caused by stress urinary incontinence in women before and two years after outpatient transobturator sling surgery. Particular emphasis was placed on data related to patients' emotional impairment and impact on sexual life before and after the procedure.

Study design, materials and methods: Between 2012 and 2014, 30 transobturator synthetic sling surgeries were performed, and the baseline demographic data, urinary incontinence-related quality of life, were collected prospectively in the pre and post-operative period of 2 years. Two patients were lost at follow-up, with 2 years data available only for 28 patients. The self applied King's Health Questionnaire (KHQ) (0-100 score) and Incontinence Quality of life questionnaire (IQOL) (22-120 score) were used. The study was approved by the institutional ethics committee and all the patients signed the informed consent.

In these questionnaires were evaluated the specifics items: in the IQOL issues related to depression (question 5), frustration (question 7), obsession (question 9), embarrassment (question 14), feeling sick (question 15), enjoying life (question 17), sexual life (question 22). The domains of emotion (EM) and personal relationships (PR) were evaluated through KHQ.

Results: No significant surgical complications were identified nor the need for hospitalization in this series. Demographic data showed a mean age of $56.2 \pm 11,3$ years, mean parity $2,68 \pm 1,07$ and mean BMI of $28,5 \pm 5,4$. Pre and post-operative KHQ results were $61,18 \pm 12,68$ versus $25,82 \pm 9,83$ ($p < 0,01$) and IQOL $49,25 \pm 15,08$ versus $108,64 \pm 8,83$ ($p < 0,01$), showing a statistically significance improvement, corroborating a high overall satisfaction index with the procedure.

In the domains specified, the results are described in table 1, and in all domains there was also a statistically significant improvement, demonstrating that the emotional and psychological impairment of quality of life are reversed after 2 years of follow-up in patients presenting resolution of urinary incontinence. At the end of 2 years, only one patient presented complaints of urinary incontinence, and the total scores and those related to emotional impairment remained below the group mean (KHQ post - 34 and IQOL post - 87, Q5 - 3, Q7 - 3, Q9-5, Q14-3, Q15-3, Q17-5, Q22-5, EM-3, RP-3).

Table 1 - IQOL issues and KHQ domains related to emotional impairment, quality of life and sexual life in the preoperative period and two years after the procedure.

Variable	AveragPre	SD Pre	AveragPos	SD Pos	p
Depressed	2,36	0,951	4,86	0,448	< 0,001
Frustrated	2,18	1,02	4,86	0,525	< 0,001
Obsessed	1,89	0,875	4,61	0,875	< 0,001
Embarrassed	2,04	1,17	4,96	0,189	< 0,001
Feel sick	2,61	0,916	4,89	0,416	< 0,001
Enjoyless	2,39	0,416	4,89	0,416	< 0,001
Sexual life	2,07	1,331	4,79	0,686	< 0,001
PR	7,71	4,353	3,04	1,138	< 0,001
EM	8,57	2,847	3,71	2,551	< 0,001

Concluding message: The surgical treatment of urinary incontinence with transobturator sling on an outpatient basis represents a safe procedure, with satisfactory results, which is maintained even after a 2-year follow-up period. The emotional impairment, quality of life and sexual life present before the procedure, are reversed satisfactorily with the surgical procedure and resolution of urinary incontinence.