



A STUDY ON FUNCTIONAL ABILITY OF BLADDER AMONG MENOPAUSAL WOMEN IN SELECTED SETTING OF MANGALURU

Nursing

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ABSTRACT

The aim of our study was to assess the Functional Ability of the Bladder among Menopausal Women. An exploratory descriptive design was carried out among 97 menopausal women of 45-65 years of age. The data was collected using self-assessment bladder control tool and interview technique was adopted. The data was analysed using descriptive and inferential statistics. The finding of the study showed that majority 66(68%) subjects had difficulty to hold urine, 52(53.60) were experiencing leakage of urine during sneezing and coughing, 46(47.4%) were having nocturia, 26(26.8%) were having sleep disturbance, 55(56.7%) samples were having incontinence, 25(25.8%) were having recurrent urinary tract infection and the rating of botheration of symptoms showed that the subjects were moderately bothered about many symptoms such as Difficulty to hold urine 46(47.4%), frequent urination 30(30.9%), 29(29.9%) leakage of urine, 29(29.9%) nocturia and 10(10.3%) sleep disturbance and urinary tract infection 14(14.4%). There was significant association between functional ability of bladder and religion ($p \leq 0.026$). Therefore the study found that the menopausal women had various problems related to functional ability of bladder.

KEYWORDS

Functional Ability; Bladder; Menopausal Women

Introduction:

The voluntary control of the bladder is a prerequisite for the sense of normality, self-esteem and independence. Bladder control problems are more prevalent among post-menopausal women between the ages of 45-65 who are quite likely to be undergoing menopause. Bladder storage symptoms such as urgency, frequency, incontinence, and nocturia have a severe impact on many areas as regards the quality of life.¹ Millions of women experiences the loss of Bladder Control "as they grow older. Despite the negative impact on physical and emotional well-being, many women do not seek health care and they consider that these conditions are "normal," especially as they get older.²

The scientific studies showed that measures of quality of life show significant changes for these kinds of bladder problems. The bladder problems can be managed by Pelvic floor exercises, often also called kegel exercises³, Lifestyle modification like bladder training, scheduling toilet trips, dietary management like decrease consumption of caffeine, chocolate, acidic food and decreasing amount of fluid intake in the evening and bedtime can help to overcome this bladder problem.

Bladder control symptoms have a severe impact on many areas as regards the quality of life including health related, social, psychological and working functions; they may begin to stop exercising or participating in physical or social activities and reduction in work activities, travel and intimacy may also suffer as a result of bladder control problems.⁴

Aim

1. To assess the Functional Ability of Bladder among Menopausal Women.
2. To find the association of Functional Ability of Bladder with Demographic Variables

Materials and methods

An exploratory descriptive design was used in this study to assess the functional ability of bladder among menopausal women. The study sample size consists of 97 menopausal women of 45-65 years and who know English/Kannada/Malayalam languages were recruited using convenient sampling from the out-patient department of Father Muller Medical College Hospital Mangaluru. The subjects were interviewed for baseline Proforma, self-assessment bladder control tool. The data was analyzed using descriptive and inferential statistics.

Results

The present study, shows that majority 668% subjects had difficult to hold urine when they have urge to go, 66% subjects had difficulty in postponing the urination, 56.7% samples were having frequent urination, 54.6% were felt to void again immediately after passing urine, 53.6% subjects were experiencing leakage of urine during sneezing, coughing, while lifting heavy objects, 47.4% were having nocturia, 26.8% were having sleep disturbance, 40.2% were feeling of not emptying the bladder, 35.1% were having involuntary passing of urine, 29.9% were facing leakage of urine before they reach the toilet, and 25.8% were experiencing recurrent urinary tract infection.

Regarding botheration of symptoms, the subjects were moderately bothered about many symptoms such as Difficulty to hold urine 47.4%, difficulty to postpone urine 44.3%, frequent urination 30.9%, 29.9% were equally bothered about leakage of urine while sneezing, coughing, while lifting heavy objects, stopped attending social gathering, and night urination more than two times, 10.3% sleep disturbance, 28.9% expressed voiding again immediately. Whereas 13.4% women had a botheration in great deal with leakage of urine during, sneezing, coughing, while lifting objects, as well as stopped attending social gathering due to unintentional passage of urine and urinary tract infection 14.4%.

Table 1: Overall Mean and Standard Deviation of subjects with Self-reported Functional Ability of Bladder Problems:

n=97

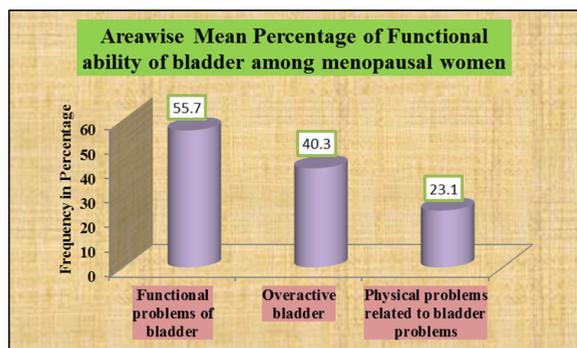
Variable	Range	Mean ± Standard Deviation	Mean Percentage
Functional ability of bladder	1-18	6.8±4.0	37.8%

The table 1 shows that mean and standard deviation of Functional Ability of Bladder Problems was 6.8±4.0 and mean percentage was 37.8%.

Area wise Mean, Standard Deviation and Mean Percentage of Self-reported Functional Ability of Bladder among Menopausal Women.

The study reveals that the area wise Mean, Standard Deviation of functional ability of bladder control such as functional problems of bladder was 1.67±1.12, overactive bladder was 3.22±2.21 and physical problems related to bladder problems is 1.85±1.66.

Figure 1:



The figure 1 reveals that area wise mean percentage score of functional ability of bladder control such as functional problems of bladder was 55.7%, overactive bladder was 40.3% and physical problems related to bladder problems was 23.1%.

Association between the Self-reported Functional Ability of Bladder and Demographic Variables.

Table 2: This section deals with the findings of the association of the Self-Reported Functional Ability of Bladder with Demographic Variables.

n=97

Sl. No	Variable	Functional ability		Chi square test	df	p value
		Median<6	Median>6			
1. Age						
	45-50	5	8	1.630	3	0.653
	51-55	16	12			
	56-60	12	9			
	61-65	17	18			
2. Religion						
	Christian	26	12	7.288	2	0.026
	Hindu	17	23			
	Islam	7	12			
3. Marital status						
	Single	6	3	0.908	2	0.635
	Married	32	32			
	Widowed	12	12			
	Divorced	0	0			
4. Number of children						
	Nil	6	2	2.016	2	0.365
	1-5	33	35			
	6-10	11	10			
5. Occupation						
	Unemployed	41	42	3.222	3	0.359
	Unskilled	5	3			
	Skilled	0	1			
	Professional	4	1			

6. Other health problems						
	Diabetes mellitus	9	8	3.492	4	0.479
	Hypertension	9	12			
	Cardiac disease	2	1			
	Renal diseases	1	4			
7. Type of attainment of menopause						
	Natural	50	47	-	-	-
	Surgical	0	0			
8. Type of delivery						
	Vaginal delivery	42	42	3.911	3	0.271
	Caesarean section	1	3			
	Instrumental delivery	1	0			
9. Undergone any surgeries						
	Yes	11	10	0.007	1	0.931
	No	39	37			

Data presented in Table 2, shows that the Chi Square value computed between Self-reported Functional Ability of Bladder and Demographic Variable such as age(p≤0.653), Religion(p≤0.026), Marital Status(p≤0.653), Number of children (p≤0.365), Occupation(p≤0.359), Other Health problems(p≤0.479), Type of delivery(p≤0.271), Any surgeries(p≤0.931). Hence the study shows there was significant association between Functional Ability of Bladder problems and Demographic Variable such as Religion. Therefore the Research Hypothesis is accepted and Null Hypothesis is rejected.

Discussion:

Baseline characteristics: In this study the mean age was 56.8. A similar study was conducted in Estonian on 1363 women in the year 2004 and the result shows that the mean age for urinary incontinence was 53.3 years.⁵ In this study majority women 71.13% were having children between 1 and 5. The findings were consistent with the study conducted in Mexican among 15,296 postmenopausal women in the year 2008 reveals that urinary incontinence was higher among women having ≥ 4 children.⁶

The present study shows that 17.52% were having diabetes mellitus and only 5.2% were using sanitary pads and clothing. The findings were supported by the study conducted on urinary incontinence and diabetes in postmenopausal women reveals that 60% of women who had Diabetes were suffering from severe urinary incontinence and were using pads.⁷

The present study shows that 86.59% women's were had vaginal delivery. The findings are congruent with the study conducted in Nord-Trøndelag country on Urinary Incontinence after Vaginal Delivery or Cesarean Section, the study reveals that Urinary Incontinence rate was higher in vaginal deliveries 21.0%.⁸

Self-reported Bladder Control Symptoms : In this study Majority 68% subjects had difficult to hold urine when they have urge to go. The findings were supported by the study conducted to determine the prevalence of chronic and debilitating symptoms of Overactive Bladder revealed that 54% of subjects were reported urgency.¹⁴ In this study 26.85 samples were having sleep disturbance due to nocturia and their findings were congruent with the study conducted in Haryana on Assessment of menopausal problems among rural women reveals that 76.5% participants were having disturbance in sleep due to nocturia.⁹

The present study reveals that 56.7% subjects were having frequent urination and these findings were consistent with the study conducted to determine the prevalence of chronic and debilitating symptoms of Overactive Bladder determine the symptoms of Overactive Bladder. The result of the study shows that 85% of subjects reported symptoms of frequency.¹⁰

This study shows that 53.60% subjects were experiencing leakage of urine during sneezing, coughing, while lifting heavy objects. The findings supported by the study conducted in India on Prevalence and risk factors of Urinary Incontinence in Indian women showed that 73.8% women were having stress incontinence¹¹. This present study revealed that most of the subjects (women) 47.4% were having nocturia. The findings are congruent with the cross-sectional survey study conducted in America on Overactive Bladder and Nocturia in Middle-age Women on 611 women showed that 478 samples i.e. 78% women's reported of having nocturia.⁹ This study reveals that 35.1%

of women were having involuntary passing of urine and the findings were consisted with the study conducted Slums of Dibrugarh Town on Urogenital Problems of postmenopausal Women reveals that 21.5% women had incontinence.¹²

Conclusion

Bladder Control Problems are more prevalent in Menopausal Women as they get older. Women may face many bladder symptoms such as frequency, nocturia, urgency, where many women don't discuss this matter with others due to hesitance and doesn't seek the medical help as they consider this is a normal phenomenon. The result of the present study found that the majority of the women had a problem in functional ability of bladder. So the further assessment is required to identify the problems in detail, thus can help the healthcare professionals to provide awareness about the management of such problems.

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