

# The Impact of Urinary Incontinence on Quality of Life among Patients in UKMMC

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## ABSTRACT

**Introduction:** Urinary incontinence is a socially debilitating condition affecting women's quality of life. Its impact on Malaysian women is yet to be studied. **Objective:** To explore the impact and bother of urinary incontinence on the quality of life of Malaysian women attending UKMMC urogynaecology clinic. **Methodology:** This was a cross-sectional study of 102 women attending diagnosed with urinary incontinence in a tertiary urogynaecology centre between May and October 2018. Validated patient administered Malay and English versions of Incontinence Impact Questionnaire (IIQ-7) and Urogenital Distress Inventory (UDI-6) were utilised to assess impact on quality of life which included physical daily life activities, social activities including travel and entertainment and on emotional health. **Results:** Women with severe symptoms of stress incontinence, urgency, frequency or nocturia were found to have significantly impaired quality of life involving physical ( $p=0-0.03$ ), social life ( $p=0-0.03$ ), entertainment ( $p=0-0.03$ ) and mental health ( $p=0-0.02$ ). Patients with well controlled symptoms reported a better quality of life. Social background such as ethnicity, age, menopausal state, education level, previous instrumental delivery or diagnosis (SUI, UI or mixed incontinence) did not have any significant association with any IIQ-7 or UDI-6 domains. **Conclusions:** Urinary incontinence significantly impairs women's quality of life in regard to daily life, social activities and emotional health. IIQ-7 and UDI-6 questionnaire should be part of clinical assessment in determining the effectiveness of ongoing treatment.

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# Reproductive Health Knowledge – Gaps that Prevent Healthy Life Choices

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## ABSTRACT

**Introduction:** Reproductive health is a topic often mired in socio cultural norms. In a conservative country such as ours this often impedes effective dissemination of knowledge. This in turn results in poor choices which have dire consequences in the form of unprotected sexual intercourse abandoned babies and rising rates of STI. **Objectives:** The aim of this study was to assess baseline reproductive knowledge and patterns of sexual behaviour in a middle-class suburb in the Klang Valley. **Methods:** This was a questionnaire-based study that was administered with consent. **Results:** 208 subjects took part in the survey, most had education up to Form 5. More than half had never had an exposure to sex-education. Age at first intercourse in those with high risk behaviour was 15. Those in the high-risk behaviour category were more likely to be male. They were less likely to be monogamous, admitted to same sex relationships, sexual worker patronage and were less likely to use a condom. They also admitted to using recreational drugs. Overall 84% knew that unprotected sexual intercourse would increase the risk of HIV/AIDS. Sadly, only 7.6% realized condoms protect against STIs. **Conclusions:** The findings indicate that a conservative socio-cultural background did not prevent high risk activity, this compounded with poor contraceptive and preventive knowledge results in a huge gap that prevents healthy reproductive health decisions.