

ORAL PRESENTATION OP26

Anthropometric, Body Composition and Functional Status among Older Women with different Types of Urinary Incontinence

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ABSTRACT

Background: Among older women, urinary incontinence (UI) is very common and negatively impacts their quality of life. It is unclear whether older individuals with various forms of UI may have different anthropometric, body composition, and functional status characteristics. **Objective:** The study aimed to determine differences in the characteristics (anthropometric, body composition, functional status) of older women according to different types of UI. **Methods:** Anthropometric (body mass index [BMI], waist circumference), body compositions (muscle and fat masses), and functional status (handgrip strength, gait speed) of participants were measured according to standard protocols. ANOVA with post-hoc analysis and ANCOVA (controlled for age) were used to assess mean differences in the characteristics across the various types of UI. **Results:** The study comprised 94 patients (mean age = 69.93±6.86 years); the largest prevalence was UUI (39.4%), followed by SUI (30.9%). The three forms of UI differed significantly in age ($p = 0.046$) (SUI-UUI, $p=0.018$), BMI ($p = 0.024$) (SUI-MUI, $p=0.032$; UUI-MUI, $p=0.010$), and waist circumference ($p = 0.001$) (SUI-MUI, $p=0.005$; UUI-MUI, $p<0.001$). Significant differences were seen in waist circumference ($p=0.001$), BMI ($p=0.026$), and gait speed ($p=0.042$) after adjusting for age effect using ANCOVA. **Conclusion:** UUI was more common in elderly women. Body mass index and waist measurement may separate the different forms of UI and also may effect functional status, particularly gait function. The results of this study may have implications for weight management and functional interventions tailored to various UI types. Nevertheless, further investigation is necessary.

Keywords: Urinary Incontinence, Older Women, Body Mass Index, Functional Status

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