

Summary

Aging is a complex and dynamic process with intricately, interrelated and inseparable physiologic, psychological and sociologic components. It is a normal process that implies continued growth, development and adaptation until death. It is a universal human experience that culminates in an end. It is a dynamic state of existence that changes with one's perspective. More over, aging is a time of confusion and vulnerability to certain risk taking behavior, which may lead to some serious complication as urinary incontinence. Accordingly, there is an urgent need to focus more attention on elderly health both physical and functional health to reduce this serious complication.

Urinary incontinence is the inability to control the release of urine from the bladder. This problem has a negative effect on quality of life of elderly people and has varying degrees of severity. Some people experience only occasional, minor leaks or dribbles of urine. Others wet their clothes frequently. For a few, incontinence means both urinary and fecal incontinence which mean the uncontrollable loss of stools.

The aim of the present study was to determine the effect of urinary incontinence on quality of life of elderly people. To fulfill the aim of the present study, **the following research questions were formulated:**

- 1-** Is urinary incontinence affect on quality of life of daily living activities of elderly people?
- 2-** Is there a relationship between socio demographic characteristics of elderly people and urinary incontinence problem?

Setting:

This descriptive study was carried out in urology out patient clinics at Benha University Hospital, Health Insurance Hospital and Benha Teaching Hospital in Benha city.

Sample:

It consisted of subjects included all elderly were attended to urology out patient clinics (150 elderly with urinary incontinence). They chosen from the previously mentioned settings during the period from beginning of April 2011 up to end of September 2011 according to the following criteria: their age 60 years or above and diagnosed with urinary incontinence.

Tools of data collection:**The following tool used for collecting data:**

An interviewing questionnaire: consisted of the following five parts:

First part: socio- demographic characteristics: consisted of (age, sex, educational level, family income, etc).

Second part: included physical examination of the elderly such as (hearing, vision, skin condition, etc).

Third part: included questionnaire to assess daily living activities of the elderly.

Fourth part: included questionnaire to assess knowledge of the elderly about urinary incontinence problem.

Fifth part: included questionnaire to assess the psychosocial effect of urinary incontinence on the elderly such as depression and social isolation.

The current study revealed the following results:-

- Elderly with urinary incontinence mean age was (60.92 ± 7.98), (52.7%) of them were females and (45.7%) of them were illiterate.
- (56%) of them were married (43.3%) of them were retired, (66.7%) were extended family, (76%) of them their income were enough and (28%) of them were smokers.
- Regarding present history of elderly with urinary incontinence, (64.7%) of elderly had urinary incontinence more than one time/day, (42.7%) of them complained from urinary incontinence 4 months to one year, (38.7%) of them urinate during day time and (50.7%) complained from the amount of urine was few drops.
- Regarding the elderly knowledge with urinary incontinence, (56.7%) of the elderly had complete answer about the meaning of urinary incontinence, (96%) of them had incomplete answer about treatment and a action toward urinary incontinence and (44.7%) of them unknown the types of urinary incontinence.
- Regarding the ability of elderly to practice daily living activities, (26%) of the elderly dependent completely on others in practicing task of activities of daily living in control voiding.
- On the other hand, partial dependent in practicing task of activities of daily living was observed from (23.3%) in appearance and (21.3%) of them in bathing. While fully independent in practicing task of activities of daily living was observed from (83.3%) of the elderly in bowel control, (82.7%) in doing personal toilet and (79.3%) of them in dressing.
- Regarding the effect of urinary incontinence on psychological state of elderly, (74.7%) of the elderly hadn't felt that the life didn't deserve

living in while a little of time: (59.3%) of them had felt desperation and miserableness during the last month.

- Regarding the effect of urinary incontinence on social state of elderly, (80.7%) of elderly doesn't feel their family a way about them while (46.7%) of them go to market little to buy their needs, mean while (61.3%) of them like to be with other people.
- There was a statistically significant relation between types of urinary incontinence and quality of life of daily living activities of elderly ($P < 0.05$).
- There was a statistically significant relation between urinary incontinence problem in numbers, time of complain and age of elderly ($P < 0.05$).

Based on the study findings, it is recommended that:

- Health education program should be given in all geriatric clinics about:
 - Early detection and treatment of urinary incontinence.
 - Causes and signs and symptoms of urinary incontinence.
 - Doing physical examination of urinary incontinence.
 - Practicing kegel exercises.
- Opportunities for further studies are recommended to continue and extend this study towards the discovery of other relevant data and information that could support in expanding awareness about urinary incontinence.