Management of Stress Urinary Incontinence in Females with Diabetic Mellitus (Type 2): the effect of self-care program

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**Abstract:**

Background and objectives: Stress urinary incontinence is involuntary loss of urine with sneezing, coughing and effort and is a frequent and bothersome symptom that is common in the elderly population. The aim of the present study was to determine the effect of Pelvic floor muscle exercises and bladder training on quality of life of the diabetic elderly females with stress urinary incontinence in jahrom city (Shiraz), Iran, 2013.

Material and methods: The study was conducted from May to September, 2013 at the 3 health centers in Jahrom city. The instruments used for the study were the Questionnaire for urinary incontinence diagnoses (QUID) and Incontinence Quality of life Questionnaire (I-QOL). Quid questionnaire was used for choosing the type of incontinence in the elderly females. After an explanation of the aim of the study by the researcher, 60 participants with all the required criteria and stress score $\geq 4$ were selected as the study sample for the intervention. Participants divided into experimental and control groups, and completed I-QOL questionnaire before the intervention, immediately, 2 and 3 months after the last session of training. Descriptive statistics, paired t-test and repeated measurement were used to analyze the data.

Results: It is shown that immediately, 2 and 3 months after the intervention, I-QOL subtype scores had a significant difference between the two groups. In other words, the training sessions improved the score of I-QOL in the intervention group (P

Conclusion: The Behavioral Intervention Program significantly improved the quality of life outcomes of the diabetic elderly females with stress urinary incontinence. Thus, it is concluded that the diabetic individuals with incontinence can be significantly improved following instruction by health care providers.

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