

Holding it together: Group behavioral intervention improves urinary and bowel symptoms in older women

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Objective

To determine whether a group behavioral modification program based on self-efficacy theory decreases incontinence and improves self-efficacy in community-dwelling older women

Background: The Problem

- > 60% of older women have bladder or bowel incontinence¹
- Increased risk of falls² and institutionalization³
- > \$30 billion per year^{4,5}
- Behavioral therapies effective for most
- Most do not seek care⁶

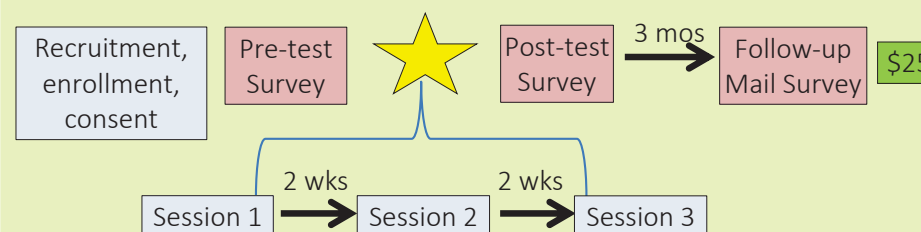
Background: The Proposed Solution

- Community-based continence promotion workshop “Mind Over Matter: Healthy Bowels, Healthy Bladder”
- Build skills and self-efficacy for self-management of incontinence and care-seeking, if needed, through Health Action Process Approach⁷
- Trained facilitator helps with skills training, goal setting, symptom tracking, problem solving, action planning
- Three two-hour sessions over one-month period



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Methods & Materials



- Community partners advertised the workshops
- Research staff enrolled/consented 8-12 participants per community
- 5 communities in 4 counties over 1 year
- Inclusion criteria: age ≥ 50 , bladder and/or bowel incontinence in the last 3 mos, not currently seeking care
- Validated instruments used:
 - Pelvic Floor Distress Inventory (PFDI-20)⁸
 - Patient Global Impression of Improvement (PGI-I)⁹
 - Geriatric Self-Efficacy Index for Urinary Incontinence (GSE-UI)¹²

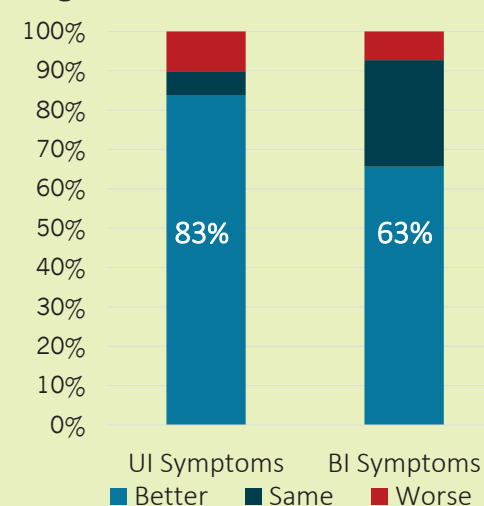
Results

- N = 55
- Mean age: 73.9 (SD: 8.6, R: 57-93)

Table 1. Sample Description

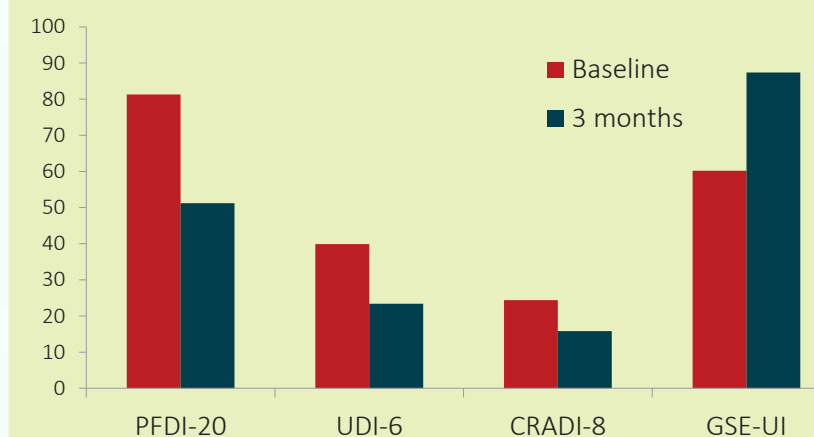
Characteristic	N (%)
White race	54 (98.2)
Attended college	35 (63.6)
Retired	44 (80.0)
Lives alone	31 (56.4)
Perceived General Health	
Excellent/Very good	18 (32.7)
Good	30 (54.5)
Fair	7 (12.7)
Has primary care provider	36 (65.5)
Has insurance	54 (98.2)
Has UI	53 (96.2)
Has BI	24 (43.6)

Figure 1. PGI-I at 3 months



Results

Outcome	Mean baseline score	Mean score at 3 months	Difference (95% CI)	p-value
Self Efficacy (GSE-UI)	60.2	87.4	27.2 (18.6, 35.7)	< 0.001
Incontinence Symptoms (PFDI-20)	81.3	51.2	-30.1 (-41.6, -18.6)	< 0.001
UI Symptoms (UDI-6)	39.9	23.4	-16.5 (-22.9, -10.1)	< 0.001
BI Symptoms (CRADI-8)	24.4	15.8	-8.6 (-13.5, -3.8)	< 0.001



Conclusions

- Significant symptom improvements for the majority of the participants sustained three months following the workshop
- The lower confidence interval of improvements exceeded the minimum clinically important difference for both GSE-UI¹³ and PFDI-20¹⁴
- Next step: randomized control trial

References and Funding

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