

THE BURDEN OF INCONTINENCE IN A REAL-WORLD DATA ENVIRONMENT

INSIGHTS FROM A DIGITAL PREVENTION COMPANION

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INTRODUCTION

- **Urinary Incontinence (UI)** can have a devastating effect on women's **quality of life** in many spheres.
- During **pregnancy and after delivery**, the strength of the pelvic floor may decrease resulting in a **high rate of UI**.
- Treatment by means of **pelvic floor training** is the treatment modality of first choice.
- Nowadays this can be supported by **digital apps**, they have the advantage of giving insights into **real world data** on UI.

OBJECTIVE

The aim of the present study was to analyze the **impact of UI on the Quality of Life (QoL)**.



METHODS

- We analyzed the data of **pelvina® - a digital health companion pelvic floor course**.
- This course examines **incontinence symptoms** through "The Questionnaire for Urinary Incontinence Diagnosis" (QUID) and **QoL** through SF-6D.
- Subsequently, the incidence and degree of incontinence in a **real-world environment** was analyzed and the influence of different **demographic factors** determined.
- In addition, the **impact of UI on the QoL** was analyzed in more detail.

RESULTS

- **293 patients** with a median age of **36 years** and a median of **2 deliveries** could be included in this study.
- Patients were **slightly to moderate affected by UI** with a QUID of **6 (2 - 11, max: 24)**.
- Age and parity were independently associated with the incidence of UI with an **aOR of 1.06** (95% CI 1.01 – 1.12) and **aOR of 1.86** (95% CI 1.12 – 3.08) respectively.
- The severity of **incontinence symptoms** showed a **strong correlation to the impairment in the QoL** ($r = 0.489, P < 0.001$).

CONCLUSIONS

The use of **real-world data**, as generated by apps such as **pelvina®**, gives insight into the reality of patients' lives **outside classical clinical studies**. We find a **strong association between parity and UI** and the **great influence UI has on QoL** in daily life.

