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Occupational Impact of Urinary Incontinence

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Occupational Impact of Urinary Incontinence

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 for HEALTH SCIENCES

BACKGROUND

- Urinary incontinence (UI) is the involuntary loss and leakage of urine (Schultz-Lampel et al., 2011).
- 7-10% of children ages 5-13 experience UI (Nieuwhof-Leppink et al., 2019).
- Primary indicators of UI in children:
 - Child is age 5 and above
 - Wets their clothes or bed twice or more a week
 - Present for at least 3 months (Khandelwal & Kistler, 2013; Linde et al., 2021).

PROBLEM

Urinary incontinence needs to be explored through an occupational lens as little research has been completed on the child's perspective of the impact on childhood occupations and routines.

PURPOSE

Identify and explore if children's daily activities are affected due to their urinary incontinence and if their caregiver's activities are affected.

METHODS

RESEARCH QUESTION: What is the occupational impact of urinary incontinence on children and their caregivers?

CAREGIVER SURVEY

- n= 12
- Caregivers were asked about how their child's urinary incontinence affects their participation in their occupations.

UNOBTRUSIVE METHODS

- n= 17
- Adults (n=14) reflecting on their lived experience as a child with urinary incontinence
- Adolescents (n=3) reflecting on their current experience with urinary incontinence

*Disclaimer: Unobtrusive method data had unknown dates of when they were published

QUALITATIVE RESULTS

UNOBTRUSIVE METHODS

THEME	SUBTHEMES
Psychosocial Impact	CHILDHOOD: Negative Self-Perception due to societal stigma and embarrassment ADULTHOOD: Reconciliation (Depends are more of a support than a barrier; Losing self-stigma and societal stigma) and embarrassment
Strategies to Minimize Occupational Disturbances	CHILDHOOD & ADULTHOOD: Internalized Hidden Strategies; Overt Strategies to Submission due to UI
Social Relations & Social Participation	CHILDHOOD: Bullying due to stigma; Feeling of social isolation due to societal stigma ADULTHOOD: Support from partner; Barrier to relationships due to societal stigma
Lack of Choice caused by UI	CONTEXTS: Pursuing the future; Dressing; Leisure; Sleep
Lack of Education on UI has led to Anguish	CONTEXTS: Caregivers; Healthcare professionals

CAREGIVER SURVEY

Strategies and Modifications Caregivers Use:

- Disposable Products
- Pack Extra Clothes/Bag
- Child Utilizes Bathroom Before Leaving for Places

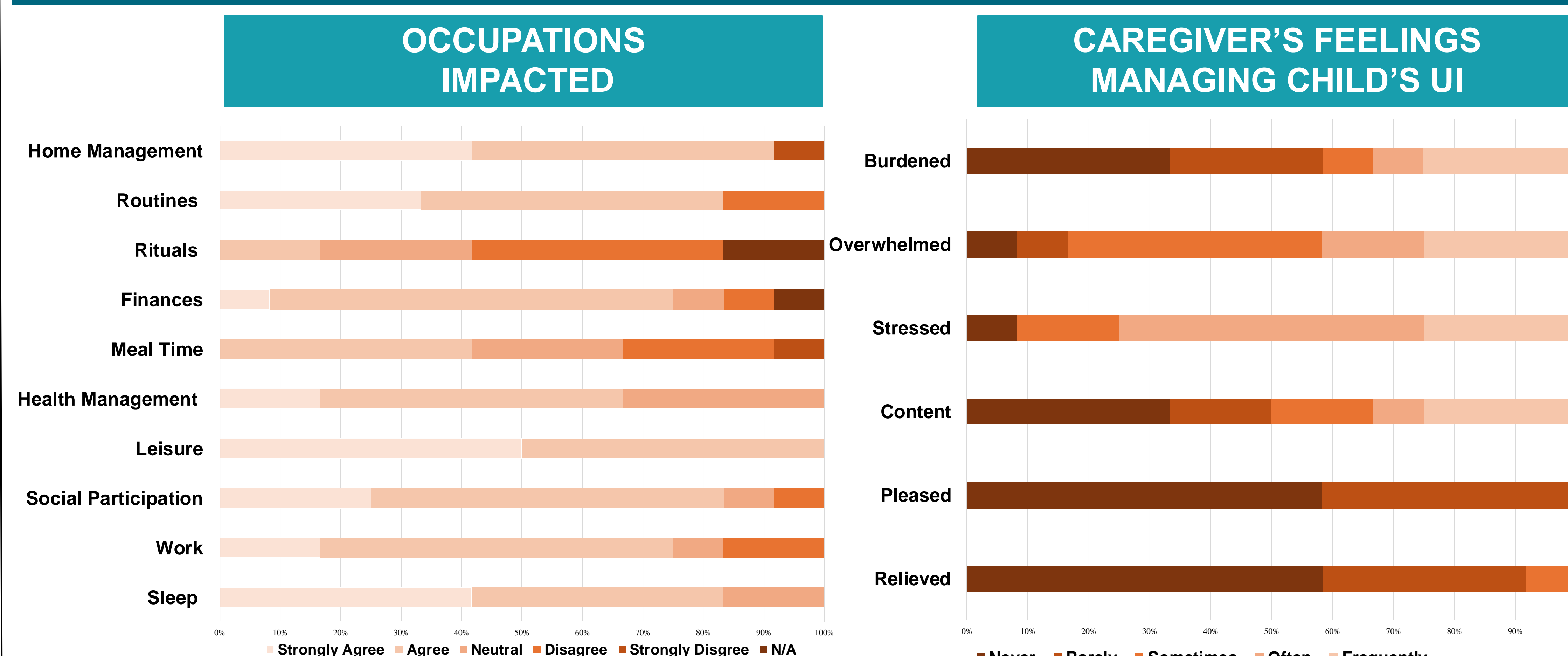
Activities Caregivers Would Do but Do Not Because Their Child has UI:

- Leisure

Reasons to Avoid Participation:

- Bathroom Access
- Bathroom Accidents

QUANTITATIVE RESULTS



DISCUSSION

IMPACT ON CHILDREN

Societal Stigma: affected the individual's view on their condition which led to negative self-perception and embarrassment
Approaches to Reduced Occupational Disturbance: avoidance of occupations (leisure, school, and sports), using or hiding disposable products, concealing wet clothes, and carrying spares
Adulthood led to Reconciliation with: UI, using disposable products, losing self-stigma and societal stigma
Lack of Choice due to UI: resulted in decreased occupational engagement with jobs, leisure activities, and dressing
Lack of Education: led to abuse and dismissive attitudes

IMPACT ON CAREGIVERS

Occupation Impacted: leisure activities, home management, and sleep
Emotional Strain: stress and dissatisfaction with managing UI



View quotes from unobtrusive methods: SCAN ME

OT IMPLICATIONS

- Occupational therapists can address these areas through interventions:
 - Educational trainings
 - Modification & adaptation to occupations
 - Advocacy
 - Mental health and well-being needs
- Continue research on the impact of UI on children and their caregivers

REFERENCES



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