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Urinary incontinence in Turkish women: a qualitative study on daily life and sexual health

Yasemin Erkal Aksoy
University of Selcuk, Turkey

Urinary incontinence (UI) is one of the diseases related to age level and commonly seen in industrialized countries. Designed qualitatively, the study was performed to determine how UI affects Turkish women's daily lives and sexual health, and how they perceive the condition. A total of 89 women were included into the study. The data were compiled via the depth-interview method using a semi-structured questionnaire, and also recorded by a researcher. An approval was previously obtained from the local ethical board, and the study was performed in family health centers in the province of Konya/Turkey. To detect the main themes of findings, the content analysis method was used. Document portraits and code map of the data were created using the qualitative data analysis program MAXQDA 11. Mean age rate of the participants was determined as 46.25 ± 11.68 . A total of 34 codes were performed to detect the effects of UI on women's daily lives. The influences of UI on the daily lives of women was determined by the five main themes as "religious issues, sexual problems, feeling of restriction, psychological exposure, naturalization" in the study. In general, women do not ask for professional assistance while coping with the condition because of concealing these problems. Therefore, healthcare professionals should counsel and give assistance for the women with UI to determine the issues and cope with such problems, and refer to the secondary/tertiary health centers if necessary.

ebeyaseminerkal@hotmail.com

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