

## **Living with Urinary Incontinence: Potential Risks for Women's Health**

### **Objective**

A qualitative study on the perspectives of female patients seeking care for the first time in a specialized centre. The objective of the study was to explore the experiences of a group of women with urinary incontinence.

### **Results**

This study highlights the importance of developing educational programs that focus on women's information and education regarding triggering factors and coping strategies.

### **Participants and Researchers\***

Participants in the first quantitative research phase, a non-randomized clinical trial, were 60 women >18 years of age, both with and without urinary incontinence (UI).

The setting for the study was a UI centre in Madrid (Spain) performing assessments, treatments, follow-up, and specialised care of women with pelvic floor disorders (PFD). The centre's professional team\* was formed by gynecologists, nurses, midwives, and physiotherapists who are experts in PFD and urinary incontinence. The pelvic floor assessment was carried out based on both a physical and an **electromyographic (EMG)** examination.

### **Methods**

The centre was fully equipped with technical equipment, such as the **NeuroTrac MyoPlus Pro 2** (Verity Medical) which was the device used to provide the **EMG Biofeedback (BFB)**, as well as the necessary software, **NeuroTrac PC software** (Verity Medical), computers, and consumables (such as vaginal and anal probes, skin electrodes, disposable gloves, and lubricant), required in order to perform an effective and thorough assessment and treatment of those women with PFD.

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The full abstract can be found at <https://pubmed.ncbi.nlm.nih.gov/31597365/>.