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Bio-psychosocial Evaluation in a case with Multiple Sclerosis accompanied by Lower Urinary Tract Dysfunctions

Karaman Seda

Ondokuz Mayıs University, Turkey

Purpose: Lower urinary tract dysfunctions are frequently encountered in patients with Multiple Sclerosis. These often include urinary incontinence (UI), overactive bladder (OAB). It causes symptoms that often harm the social life of the person with MS, limit travel and disturb daily activities. The aim of this study is to bio-psychosocially evaluate a case of MS with urinary symptoms. The aim of this study is to bio-psychosocially evaluate a case of MS with urinary symptoms.

Materials and Methods: A case study of a 35-year-old female patient diagnosed with multiple sclerosis (16 years) and urologic symptoms was conducted. The patient's MS and obstetric history were questioned in the socio-demographic information form. Global Pelvic Floor Discomfort Questionnaire, Bristol Female Lower Urinary System Index (BFLUSI), Urinary Incontinence Questionnaire (ICIQ-SF), OAB-V8, Urogenital Distress Inventory (UDI-6), Incontinence Impact Questionnaire (IIQ), Female Sexual Function Inventory (FSFI) was used to evaluate the patients pelvic floor dysfunction and urological symptoms. Quality of life was evaluated with King Health Questionnaire (KHQ).


Results: A case in this study was uncomfortable with pelvic floor problems at rate of 42.2%. The patient had mixed urinary incontinence and Overactive Bladder (OAB). It was seen that urological symptoms and urinary incontinence negatively affected the patients quality of life in rate of 61.1% and 77.7%, respectively. It was observed that sexual functions were slightly affected (%33,3). In the King Health Questionnaire (KHQ), urological problems negatively affected the patient's social life and mood at a rate of 33.3% and 100%, respectively. In addition, the severity of symptoms impaired the quality of life at a rate of 100%.

Discussion: Women diagnosed with MS may ignore urological symptoms that negatively affect their lives, and generally do not seek help. Therefore, patients who apply to the clinic should be evaluated from a bio-psychosocial point of view with a holistic perspective, and necessary guidance should be given. Pelvic floor physiotherapy with proven effectiveness for lower urinary tract dysfunctions in MS is recommended as first-line therapy. Sexual dysfunction in patients with MS is an increasingly popular topic in recent years. Evaluation of sexual dysfunctions during the MS treatment process is important in terms of holistic treatment.

Speaker Biography

Karaman Seda is a lecturer of Ondokuz Mayıs University, Department of Physiotherapy and Rehabilitation. She completed her master's degree at Izmir Demokrasi University and she is studying for a doctorate at the Bolu Abant İzzet Baysal University. She had worked as a physiotherapist at pediatric rehabilitation department of Ministry of Family, Labor and Social Services for two years. She took place in several conferences and forum about Health Science and Health Care Services with her papers and oral presentations such as "Investigation of Spinal Posture, Depression and Quality of Life of Formal Caregivers International Conference on Fibromyalgia and Chronic Pain (June 15-16, 2016 Philadelphia, USA) of The Disabled Children and Elderly Individuals". She attended "Intra-muscular Manual Therapy", "Dry Needling (Trigger Point Therapy)" and "Cupping and Hirudotherapy" courses organized by AC-OMT and Dura Osteopathy Association. She received "Space Therapy System Training" in 2019. She has completed a course taught by a certified Basic DNA Theta Healing™ Instructor, and has been a Basic DNA Theta Healing™ Practitioner in 2022. She currently attends vocational courses on physiotherapy and rehabilitation in women's health such as "Pelvic Floor Rehabilitation Online Module Series By Quadroathletics-All About Pelvis Group.

e: seda.karaman@omu.edu.tr

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