

Incontinence impact of QoL

Intervention Strategies to Reduce Stigma

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Agenda

03 Background

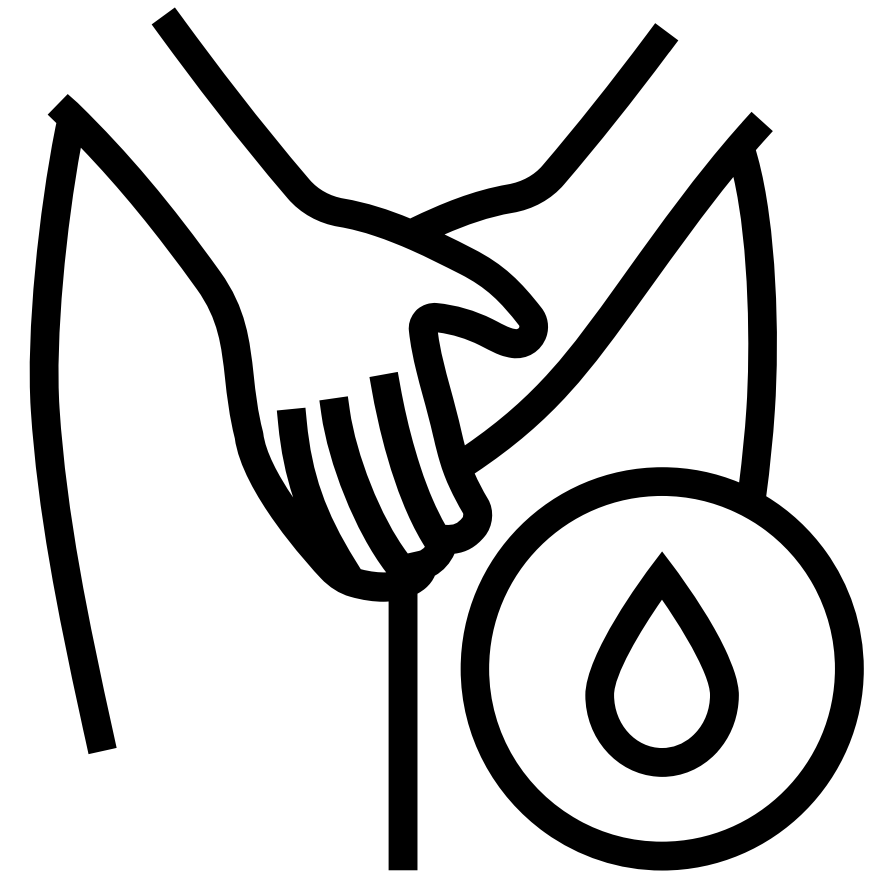
09 The Study

10 Framework
Stigma

13 Intervention
Strategies

Children and Adolescents with LUTS

- UI is common in childhood and adolescence
- Can significantly impact quality of life
- Important to understand for proper management

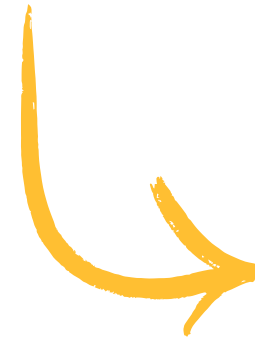


Prevalence and Impact

7-12% School
aged children



1-3% of
adolescents



Associated with:

- Social isolation
- Reduced self-esteem
- Anxiety and depression



QoL Domains Affected

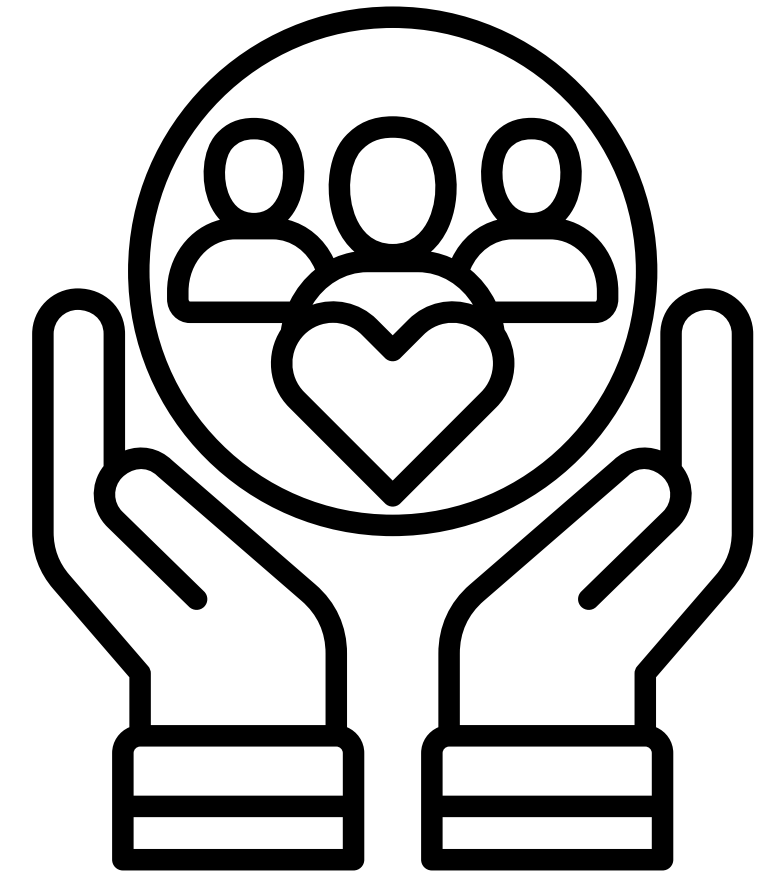
Physical functioning

Emotional well-being

Self esteem

Relationships Family and Friends

School performance



Mental health problems



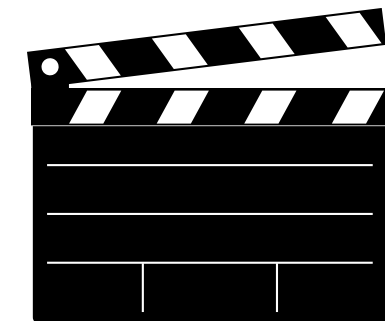
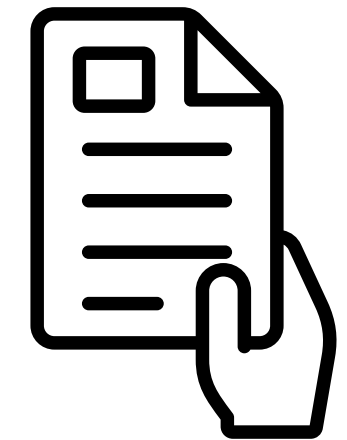
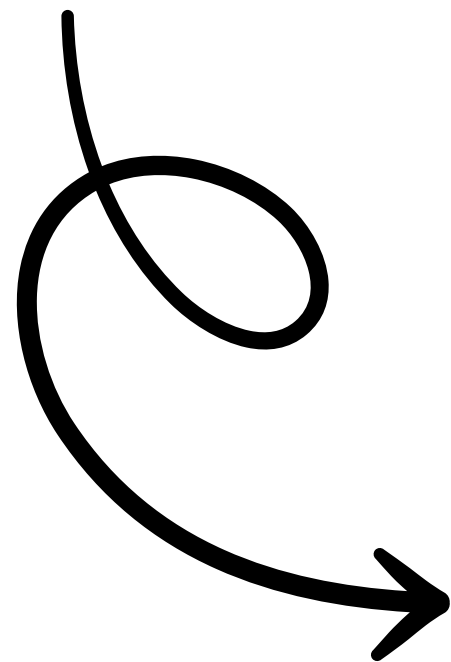
- UI and FI associated with lower health-related QoL scores
- Daytime wetting has greater impact than bedwetting
- Effects increase with age, peaking in early teens
- Adolescents with UI reported a range of psychosocial problems

Clinical Implications

Assess QoL in addition to symptoms (PINQ, DVSS)

Provide psychosocial support

Target **interventions** to improve both continence and QoL

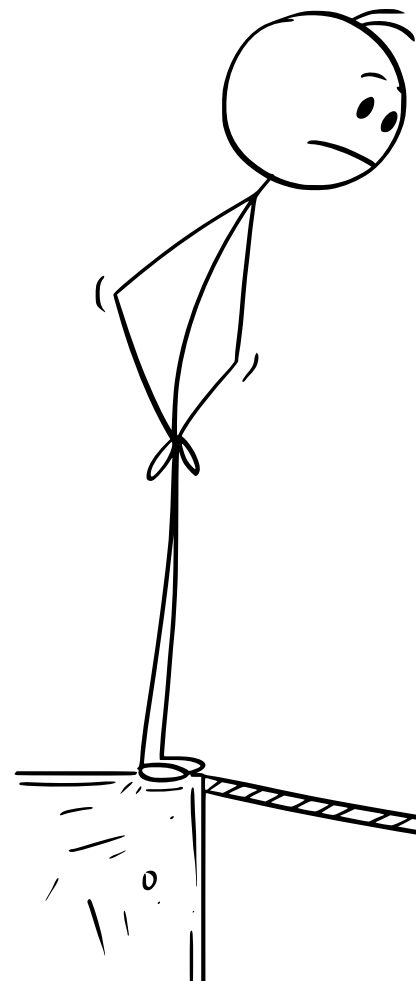




VO: De 10-jarige Noelle en Zola
hebben beiden een blaasproblemen.

Background start study

- UI affects adolescents
- Fear of stigma
- Difficult to provide support
- Impact on mental health, QoL & social participation
 - Anxiety, depression, academic underachievement
- Need for a comprehensive approach



Intervention strategies that improve
QoL of adolescents with UI

The Study



Interviews

Professionals and adolescents with UI



Main findings

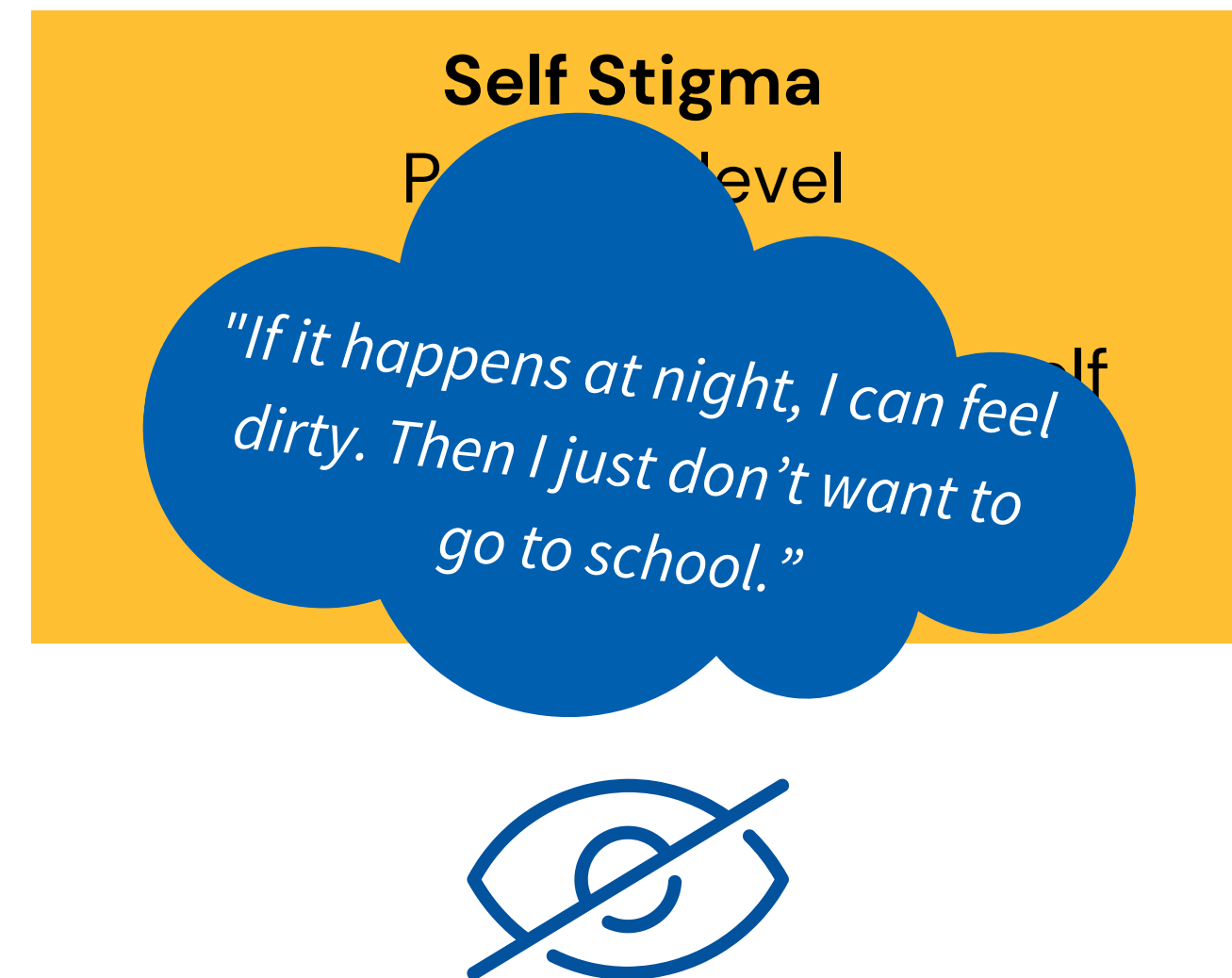
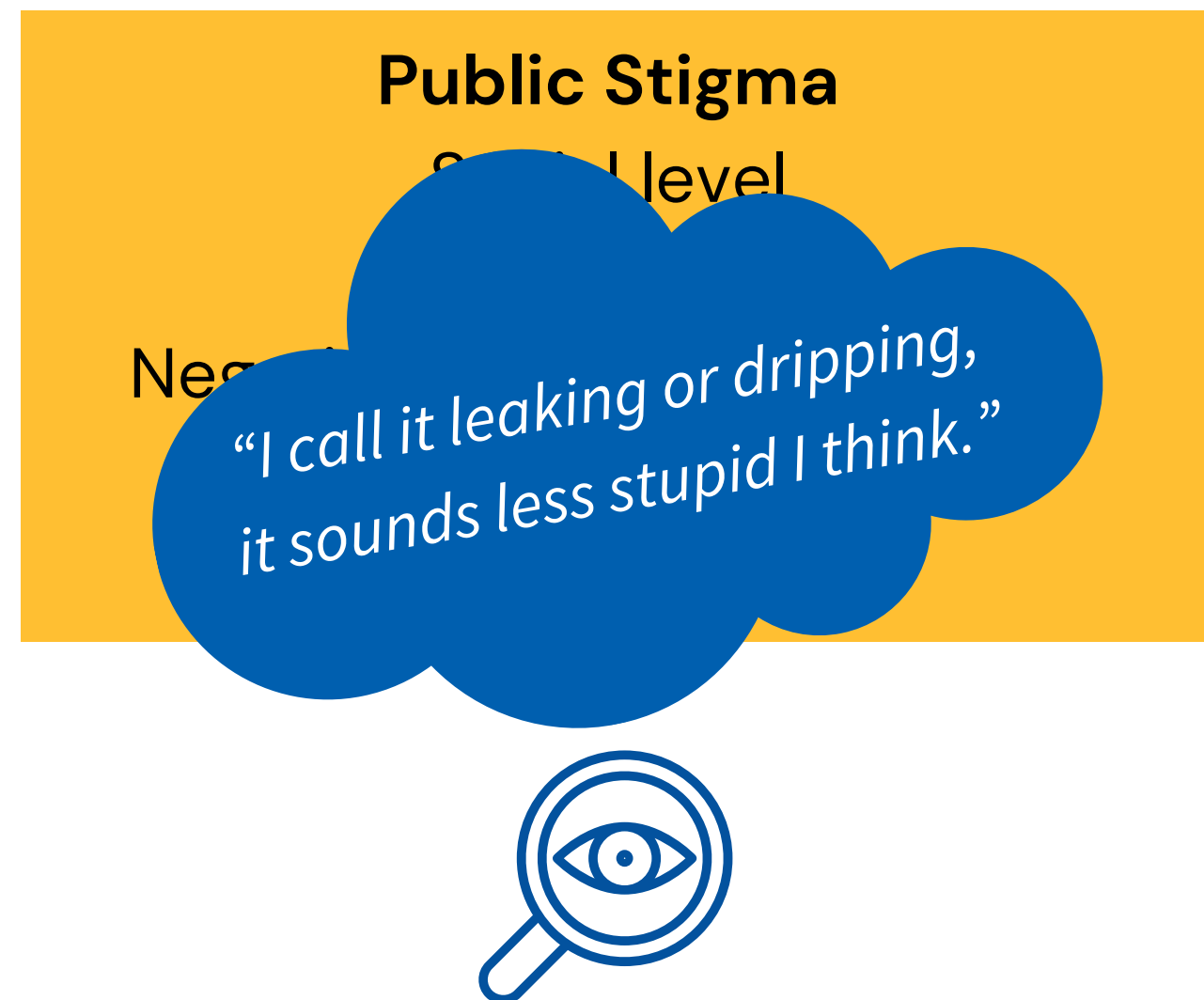
Importance of stigma



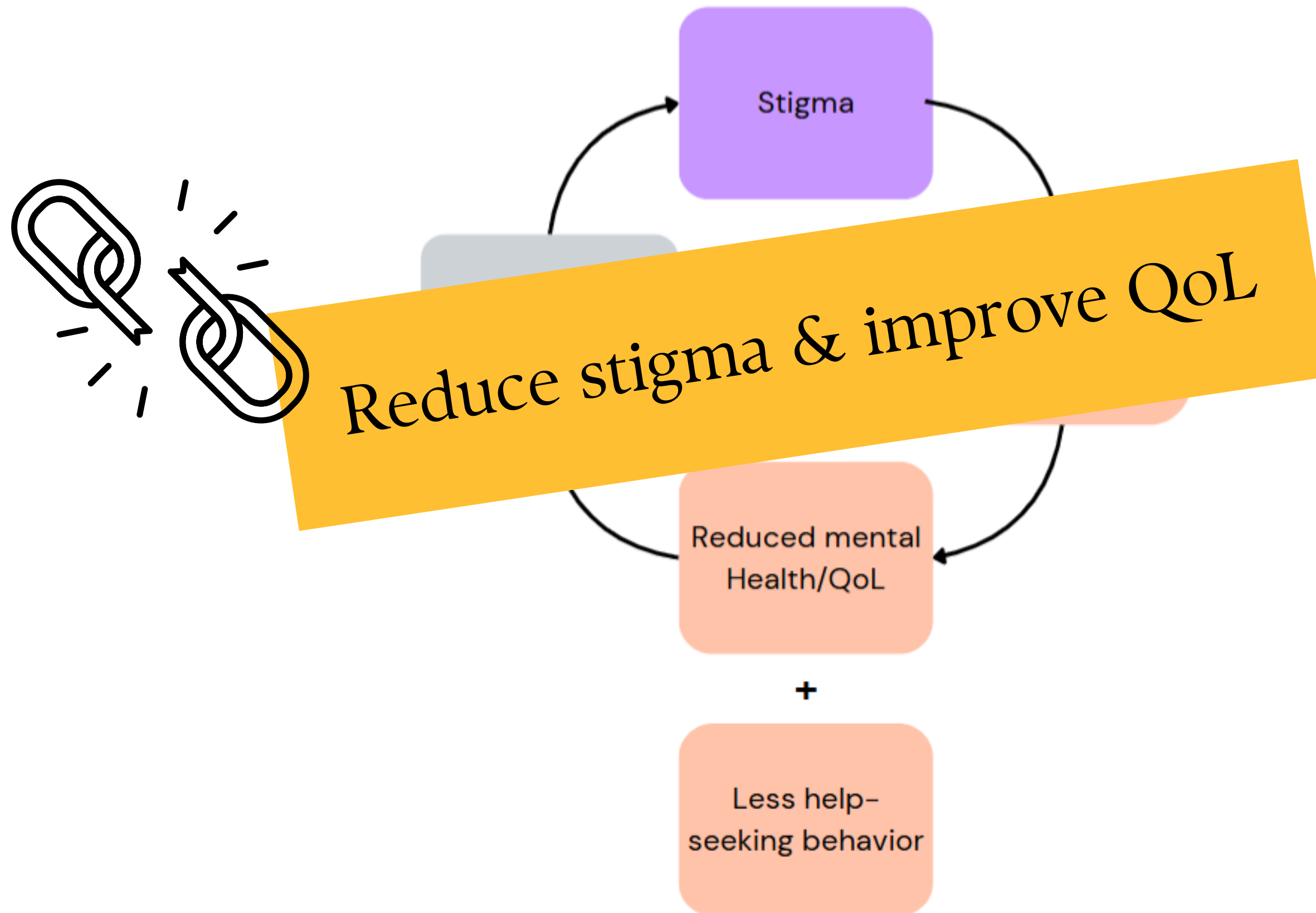
Implementation

Intervention strategies

Framework Stigma



Vicious Cycle



Intervention Strategies

- Create an online community for adolescents with UI
 - Share experiences, seek advice, have access to resources



- **Public stigma:** Sharing ideas
- **Self-stigma:** Private, safe space
- Peer-support platform 'PatientsLikeMe' - positive outcomes



Thank you!

Questions or input?



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