

Evidence Profile 2.1: A Proactive Approach to Bladder and Bowel Management in Adults

**Recommendation 2.1 Evidence Profile (Quantitative)**

**Recommendation question 2:** Should physical activity be recommended to improve outcomes in persons living with urinary incontinence?

**Recommendation 2.1:** The expert panel recommends that health providers encourage persons who live with urinary incontinence to engage in low intensity physical activity, as tolerated.

**Population:** Adults living with urinary incontinence

**Intervention:** Exercise/movement

**Comparison:** No exercise/movement

**Outcomes:** Episodes of incontinence, physical limitations

**Setting:** Community, outpatient

**Bibliography:** 3666, 8267

Quality assessment							Study details		No. of participants		Reported effects/outcomes	Certainty	Reference
No of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Publication Bias	Country	Intervention	Intervention	Control			
<b>Episodes of Incontinence</b> (voiding diary, OABSS [overactive bladder symptom score])													
1	RCT	Not serious	Not serious	Not serious	Serious <sup>a</sup>	Not serious	US	A 6 week yoga program consisting of 2 weekly group classes and 1 weekly home practice for women with urinary incontinence.  The women in the intervention group were compared to a waitlist control group.	3666:  N=9  incontinence freq decreased by 66% (1.8[± 0.9] fewer episodes/day )	3666:  N=9  incontinence freq decreased by 13% (0.3[± 1.7] fewer episodes/day)	The study reported a decrease in episodes of incontinence per day in women who participated in the yoga program, compared to the control group.	⊕⊕⊕○ MODERATE	3666: Huang et al., 2014
1	Quasi-experimental (before and after)	Serious <sup>b</sup>	Not serious	Not serious	Serious <sup>c</sup>	Not serious	Korea	Obese women with overactive bladder did supervised exercises on a motorized treadmill and stationary cycle for 40 minutes, respectively and performed resistance exercise for 20 min once per day for 52 weeks. There was no control group, and results were compared pre and post intervention.	N=21  Pre-intervention: OABSS total score=6.66± 0.29  Post-intervention: OABSS total score=8.28±	No true control group	After 52 weeks, there was a decrease in scores for frequency, nocturia, urgency and urinary incontinence in OABSS as well as overall OABSS score.	⊕⊕○○ LOW	8267: Ko et al., 2013

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									0.48				
<b>Pyhsical Limitations</b> ( <i>King's Health Questionnaire</i> )													
1	Quasi-experimental	Serious <sup>b</sup>	Not serious	Not serious	Serious <sup>c</sup>	Not serious	Korea	Obese women with overactive bladder did supervised exercises on motorized treadmill and stationary cycle for 40 minutes, respectively and performed resistance exercise for 20 min once per day for 52 weeks. There was no control group, and results were compared pre and post intervention.	N=21 Post-test score = 25.39 ± 4.24 Pre-test score = 36.51 ± 5.59	No true control group.	There was an improvement in physical limitations for the women after the intervention.	⊕○○○ VERY LOW	8267: Ko et al., 2013

Explanations

- a. Total number of participants was very low (N=18), less than the optimal 400 participants. We downgraded by 1.
- b. Based on the ROBINS-I tool for quasi-experimental studies, the study had very serious concerns related to risk of bias due to limitations in how the study was conducted. We downgraded by 1.
- c. Total number of participants less than the optimal 400 participants. We downgraded by 1.

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