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**Abstract no.:** MP. 1-5

## **Efficacy of high-intensity focused electromagnetic device for treatment of female urinary incontinence**

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### **Objectives**

To evaluate the efficacy of high-intensity focused electromagnetic technology (HIFEM) assisted pelvic floor muscle training for treatment of female urinary incontinence.

### **Patients & Methods**

This is a single centre prospective study from January 2020 to March 2023, including 71 women ( $60 \pm 14.5$  years,  $3 \pm 3$  deliveries) with stress, urge or mixed urinary incontinence were enrolled.

They received HIFEM assisted pelvic floor muscle training for total of 6 sessions (2 sessions per week) and 28 minutes per session.

The primary outcome was objective evaluation to assess changes in 1- hour pad test and secondary outcome was subjective evaluation with overactive bladder symptom score (OABSS), urinary distress inventory, short form (UDI-6) and self-reported changes in quality of life (QoL).

### **Results**

After the sixth session, patients with stress urinary incontinence benefits the most with reduction in the 1-hour pad test by  $3.4g \pm 8.07g$  ( $p = 0.019$ ). Subjective assessment including UDI-6 and QoL reduced by  $1.4 \pm 3.1$  ( $p = 0.021$ ) and  $1 \pm 1.2$  ( $p = 0.04$ ) respectively. No statistically improvements in patients with urge and mixed urinary incontinence both objectively and subjectively.

### **Conclusion**

HIFEM assisted pelvic floor muscle training is an effective management for women with stress urinary incontinence with both subjective and objective improvements, which can positively enhanced their quality of life.



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