

Cystic Fibrosis Research News

Title:

Is there an association between back pain and stress incontinence in adults with cystic fibrosis? A retrospective cross-sectional study.

Authors:

Ashbrook JE¹, Shacklady C², Johnson S¹, Yeowell G², Goodwin PC².

Affiliations:

¹Manchester Adult Cystic Fibrosis Centre, Wythenshawe Hospital, Southmoor Rd, Manchester, M23 9LT

²Department of Health Professions, Manchester Metropolitan University, 53 Bonsall Street, Manchester, M15 6GX

What was your research question?

Is there a link between low back pain and stress incontinence in adults with cystic fibrosis

Why is this important?

People with cystic fibrosis are living longer. Being an adult with cystic fibrosis brings new complications including low back pain and a change in posture. Stress urinary incontinence is also a complication of cystic fibrosis. Frequent bouts of intense coughing, especially during an exacerbation, coupled with lack of co-ordination between breathing and posture and reduced strength of the pelvic floor mean that stress urinary incontinence can occur. There is also a growing body of evidence that stress urinary incontinence and back pain are linked. We wanted to determine whether there is a link between back pain, lung function and stress urinary incontinence.

What did you do?

We looked at the records of back pain, stress urinary incontinence and lung function in 126 adults with cystic fibrosis in Manchester, UK. We looked to see if there were relationships between these problems and the risk of developing one problem if you have another.

What did you find?

In the population we studied, there was a link between stress urinary incontinence and low back pain. The risk of experiencing stress urinary incontinence when having low back pain was twice that when not having low back pain. We did not find a link between lung function and back pain or stress incontinence.



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What does this mean and reasons for caution?

This highlights the need for people with cystic fibrosis and their healthcare team to consider posture and low back pain in the overall management of the disease rather than not consider it to be inter-related. Caution should be taken in attempting to generalise these findings outside the population of Manchester.

What's next?

We need to carry out a larger study to confirm the findings of this study.

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