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A convenience sample of 115 prostate cancer patients post-laparoscopic radical prostatectomy (LRP) in Chinese prostate cancer patients, the self-management strategies used, and the relationship between symptom and strategies.

Methods: A convenience sample of 115 prostate cancer patients after LRP from an upper first-class hospital in Beijing, China, between September 2015 and October 2016. A general information questionnaire was used to collect patients’ demographic data, the International Consultation on Incontinence Questionnaire-Urinary Incontinence Short Form was used to assess urinary incontinence among patients post-operatively, and the Strategy and Effectiveness of Symptom Self-Management questionnaires of Urinary Incontinence to assess the self-management of urinary incontinence patients.

Results: The detection rate of UI was 82.6%. In 115 participants, there were 41 cases (43.2%) with mild UI, 47 cases (49.5%) with moderate UI, and 7 cases (7.4%) with severe UI. The mean score of the strategy and effectiveness of symptom self-management questionnaires of urinary incontinence was (14.04±7.92). It was significantly positively associated between the frequency of use of self-management strategies and the severity of UI.

Conclusions: UI is pervasive among prostate cancer patients who underwent LRP, mainly slight to moderate; the more severe the UI, the more strategies used. However, there is no relief the severity of UI.

