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THE EFFECTIVENESS OF PELVIC FLOOR MUSCLE TRAINING ON FEMALE URINARY INCONTINENCE IN COMMUNITY

Hypothesis / aims of study

The objective of this study is to evaluate the effectiveness of a pelvic floor muscle training program on women with urinary incontinence in the community.

Study design, materials and methods

This study is a one-group pretest-posttest design. The study involved 30 participants with an average of 52 in age. In the study, we collect the pre-training data and post-training data of each participant with a biofeedback device during the pelvic floor muscle training program, we had designed which last for eight weeks. The participant was educated and re-evaluated every week during the eight weeks. The effectiveness was evaluated in four different aspects: 1) pelvic floor muscle exercise knowledge, 2) pelvic floor muscle exercise behavior, 3) psychosocial impact of urination, and 4) pelvic floor muscle functional activity. The former three aspects were evaluated with questionnaire, and the last aspect was evaluated with the data we had collected with the biofeedback device.

Results

The participants' pelvic floor muscle exercise knowledge before the program was 6.933, and after the program was 11.5, which showed a increase of 4.567 in the score. The participants' pelvic floor muscle exercise behavior before the program was 38.867, and after the program was 53.333, a significant increase of 14.466 in the score. The psychosocial impact of urination before the program was 22.700, and after the program was 21.733, a difference of 0.967. The participants' functional activity was measure in two different way: the activity itself, and the duration. The activity itself before the program was 18.89 uV, and after the program was 39.52 uV. The duration before the program was 10.34 sec, and after the program was 28.56 sec. Evaluating both of the aspect with pair-T exam, the participants' functional activity was significantly improved after the program.

Interpretation of results

The results showed us the pelvic floor muscle training program we had conducted greatly improved the pelvic floor muscle functional activity, pelvic floor muscle exercise behavior, and knowledge. However, the psychosocial impact of urination did not reach a statistic significance due to the participants' incontinence was not as severe to show the differences.

Concluding message

The conclusion from this study would support the pelvic floor muscle training program indeed help improve pelvic floor muscle exercise knowledge, behavior, and performance. (1, 2,3) And therefore would strongly suggest introducing the training even before the incontinence affects women in the community. Introducing of the pelvic floor muscle training to women in the community would help not only improved the incontinence, but also women's quality of life.

References

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Is this a clinical trial?	Yes
Is this study registered in a public clinical trials registry?	Yes
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Is this a Randomised Controlled Trial (RCT)?	No
What were the subjects in the study?	HUMAN
Was this study approved by an ethics committee?	Yes
Specify Name of Ethics Committee	The same with the IRB.
Was the Declaration of Helsinki followed?	Yes
Was informed consent obtained from the patients?	Yes