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Title (type in  
CAPITAL  
LETTERS)THE EFFECT OF PELVIC FLOOR MUSCLE EXERCISES ON GENUINE  
STRESS INCONTINENCE AMONG KOREAN WOMEN : FOCUSING ON  
ITS EFFECTS ON THE QUALITY OF LIFE

**Aims of Study.** We aimed to compare the treatment efficacy of the pelvic floor muscle exercise and the functional electrical stimulation(FES)-biofeedback method, which being widely used as a conservative treatment method for female urinary incontinence. We also aimed to find out the effects those treatments have on the patients' quality life.

**Methods.** We randomly selected 90 female incontinence patients who visited to department and evenly divided them into three groups: control group, intensive pelvic floor muscle(PFM) exercise group, FES-biofeedback group. They were treated for weeks. The subjective changes in the severity of incontinence and discomfort in daily and social life were measured using a translated version of the questionnaire by Jacks (Bristol female urinary symptom questionnaire). Objective changes of pelvic muscle contraction force were measured by perineometer.

**Results.** Pre and post treatment maximal pelvic floor muscle contractile pressure(PMC pressure) among the three groups(control, intensive PFM exercise, FES-biofeedback) showed statistically significant differences( $p=0.000$ ). Especially, FES-biofeedback group showed significantly increased maximal PMC pressure compared with other groups( $p<0.001$ ). When measured by the questionnaire, pre and post treatment change in the severity of urinary incontinence and discomfort due to incontinence show significant differences among the three groups, and FES-biofeedback group showed significant decrease( $p<0.001$ ). The level of discomfort in daily life, social activity, physical activity, personal relations and discomfort due to urinary symptoms has largely changed. FES-biofeedback group, in particular, showed a significant decrease in discomfort after treatment.

**Conclusions.** When PFM exercise and FES-biofeedback were compared in terms of their effects on the patients' quality of life, FES-biofeedback proved more effective than verbal explanation of the PFM exercise or simple PFM exercise.