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INTRODUCTION

Obstetric history is a risk factor for urinary incontinence (UI). Pelvic floor muscle training (PFMT) can be used as a preventive measure to UI.

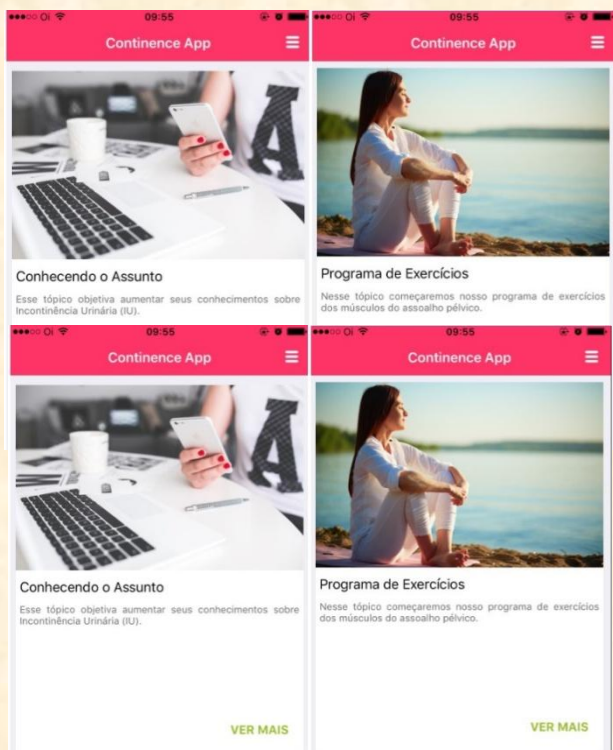
However, there is a lack of awareness among women about this form of prevention. Education mediated by technology is a strategy that enables individuals to adopt positive behaviors in regards to their health.

The aims of this study were to construct and validate the Continence App as a free technology tool for UI prevention in postpartum women.

Figure 1: Continence App loading page



Figure 2: Images extracted from the Continence App



METHODS

- Planning and technology development;
- The construction was conducted in four phases: modeling, navigation design, abstract interface design and application;
- For validation, a Content Validity Index of not less than 0.78 and a minimum proportion of agreement (75%) between the evaluators were considered.

RESULTS

The modeling was supported by the literature review, where PFMT was identified as the main intervention;

In the navigation project, the Continence App content was divided into four informative cards: 1) Knowing the subject: information about anatomy and physiology of the pelvic floor, risk factors and UI subtypes; 2) Week zero: brings tips of proper proprioception and contraction of pelvic floor muscles; 3) Training program: a muscular training program divided in twelve weeks, with exercises that increase in intensity; 4) Healthy behavior: tips for body weight control and ways to avoid constipation;

The layout of the app was defined with a systems developer aid in the abstract interface phase. In the last step, the app was integrated to the Android and iOS platforms;

22 specialists from health sciences, information technology/ computing/ communication areas and 22 postpartum women were enrolled in the validation process;

The Continence app was validated with CVI= 0.93 and agreement ranging from 81.8% to 100% in the evaluation of the specialists and the postpartum women.

CONCLUSIONS

The modifications suggested by the experts during the validation process were implemented and the Continence App was validated as an educational technology for UI prevention in postpartum women.

REFERENCES

- 1) ABRAMS, P. et al. Incontinence (Ed. 6), ICUD, Vancouver, CA (2017).
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