



Research Article

A PRE-EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF KEGEL EXERCISE IN PREVENTION OF URINARY INCONTINENCE AMONG POSTNATAL MOTHER ADMITTED IN SREE BALAJI MEDICAL COLLEGE AND HOSPITAL, AT CHROMPET, CHENNAI

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ABSTRACT

Urinary incontinence is one of the most common complications. This makes most of the women embarrassed in many of the situations. Various interventions are available for preventing and treating urinary incontinence, including medication, medical devices and surgery. However mainly pelvic floor muscle (kegel) exercises which involve exercising the muscles involved in passing urine ma easiest to implement is under resourced settings, since it needs no special equipment, additional health care infrastructure or other resources. One group Pre-test and post test research design, Non probability convenient sampling technique is used, a type of pre-experimental research was used for the study and evaluative research approach was adopted. Based on the finding the study concluded that kegel exercises found to be effective in reducing on urinary incontinence. Hence kegel exercises must emphasized during postnatal period in reduce the risk of urinary in continence and strengthening the pelvic floor muscles.

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INTRODUCTION

Urinary incontinence is one of the most common complications. This makes most of the women embarrassed in many of the situations. Pregnancy and delivery related factors have been considered to be the main risk factors for the development of urinary incontinence. Various interventions are available for preventing and treating urinary incontinence, including medication, medical devices and surgery. However mainly pelvic floor muscle (kegel) exercises which involve exercising the muscles involved in passing urine may be the easiest to implement is under resourced settings, since it needs no special equipment, additional health care infrastructure or other resources. “According to Gorbea Chavez v, pelvic floor exercises during pregnancy after child birth prevents the urinary stress incontinence.”

Urinary incontinence has recently been identified by the world health organization as a major health issue in developed and developing nations. The total annual cost of care for patients with incontinence in the United States is estimated at 11.2 billion in the community and 5.2 billion in the nursing homes. Urinary incontinence in women during pregnancy with prevalence of urinary incontinence being reported before, during and after pregnancy is 3.6%, 43.7% and 14.7% respectively.

Objectives

1. To assess the level of urinary incontinence before intervention.
2. To assess the level of urinary incontinence after intervention.
3. To assess the effectiveness of kegel exercise among postnatal mother.
4. To associate the effectiveness of post assessment level of urinary incontinence with selected demographic variables in experimental group.

Hypothesis

1. H1: There is a significant difference between the level of urinary incontinence before and after implementing kegel exercise.
2. H2: There is a significant association between the effectiveness of post assessment level of urinary incontinence with selected demographic variables among postnatal mother in experimental group.

METHODOLOGY

One group Pre-test and post test research design, Non probability convenient sampling technique is used, a type of pre-experimental research was used for the study and evaluative research approach was adopted.

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FINAL RESULT

Among the pre test majority of the samples 19 out of 30 experienced mild (63.3%) level of urinary incontinence, 8 out of 30 experienced moderate (26.07%) level of urinary incontinence, 3 out of 30 experienced severe (10%) level of urinary incontinence and 0 out of 30 experienced absence of urinary incontinence (0%).

Among the post test majority of the samples 17 out of 30 experienced absence of urinary incontinence (56.7%), 10 out of 30 experienced mild (33.3%) level of urinary incontinence, 3 out of 30 experienced moderate (10%) level of urinary incontinence and 0 out of 30 experienced severe (0%) level of urinary incontinence.

The effectiveness of kegel exercise on prevention of urinary incontinence. The mean value is 3.5 before intervention and 4.5 after intervention. The S.D value is 0.7 before intervention and 0.6 after intervention. The difference of mean and S.D in experimental groups is 0.9 and 0.2 respectively. The obtained paired 't' test value was 20.1 Hence there was a statistical difference between pre and post assessment level of urinary incontinence among postnatal mothers in SreeBalaji Medical College and Hospital.

CONCLUSION

Based on the finding the study concluded that kegel exercises found to be effective in reducing on urinary incontinence. Hence kegel exercises must be emphasized during postnatal period in reduce the risk of urinary incontinence and strengthening the pelvic floor muscles.

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