Effectiveness of Pelvic Floor Muscle Exercise to reduce Urinary Incontinence among Postnatal Mothers

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ABSTRACT
Urinary incontinence can be characterised as ‘the protest of any automatic spillage of urine. Under this more extensive definition, there are various indications, similar to Stress urinary incontinence, Urge urinary incontinence and mixed urinary incontinence. Postpartum urinary incontinence is here and there an unavoidable inconvenience of vaginal conveyance, particularly in the event that it happens to be a woman’s first vaginal conveyance. Weaker pelvic muscle has reduced inability to stop the flow of urine among postnatal mothers. The study supports the need for nurses to educate the postnatal mothers about methods to reduce urinary incontinence by using the first line of treatment, i.e., pelvic floor muscle strengthening exercise. The present study aims to assess the effectiveness of pelvic floor muscle exercise to reduce urinary incontinence among postnatal mothers. A quantitative pre-experimental, one group pretest and post test research design were chosen to conduct the investigation among 60 postnatal mothers. Convenience sampling technique was used to select the postnatal mothers. Modified Sandvik et al Severity Index tool was chosen to assess the pretest and post test level of urinary incontinence. The assessment includes on frequency (involuntary loss of urine occurs), incontinence with daily living and amount of urine leaks. The study results show most of the postnatal mothers had severe urinary incontinence and after the administration, pelvic floor muscle exercises most of the postnatal mothers had moderate urinary incontinence and this emphasizes the need to educate the postnatal mothers and promote them to perform PMRT so that they come through the postnatal period and for the betterment of life.

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INTRODUCTION
The International Continence Society (ICS) characterizes urinary incontinence (UI) as a condition wherein automatic urine loss happens. The most widely recognized structure is pressure urinary incontinence (SUI), characterized as any urine loss results from physical effort, for example, jumping, running and coughing (Kegel, 1952). The most usually observed issue among pregnant ladies is SUI. SUI happens because of anatomical imperfections in the structures that help the bladder and urethra, coming about in problematic situating of these structures very still or on effort. UI that is experienced during pregnancy appears to turn out to be...
Urinary incontinence, happening with physical effort, is the most well-known kind of urinary incontinence in postnatal moms and affects the personal satisfaction of roughly 54.3% of this population (Chancellor, 2000). Urinary Incontinence is known to affect the quality of life (QOL) in around 54.3% of all pregnant ladies in four spaces: physical action, travel, social connections, and passionate well being. Pelvic floor muscle works out (PFME) is a successful treatment for SUI during pregnancy and has no huge antagonistic impacts. Self-control can be improved when incontinent pregnant ladies satisfactorily perform PFME (Mørkved et al., 2004).

Stress urinary incontinence (SUI), characterized as "the protest of automatic spillage of urine on exertion, effort, wheezing, or hacking" by the International Continence Society, is the most widely recognized kind of urinary incontinence in ladies. In spite of the fact that it's anything but a hazardous condition, SUI influences the nature of ladies' lives from numerous points of view and may restrict ladies' social and individual connections, just as restricting physical action. Much has been expounded on the commonness of stress urinary incontinence, which influences up to 40% of network abiding ladies living in the Western world. Moreover, its commonness is expanding because of a maturing society. However, just a fourth of all ladies with this issue look for clinical help (Jagadeeswari et al., 2019).

Traditionalist medicines, a nonsurgical treatment, incorporate improving the way of life, bladder preparing, pelvic floor muscle activities, biofeedback, and the electrical incitement of pelvic muscles (Bhuvaneswari, 2019). Kegel practices are the most well-known strategy for strengthening pelvic floor muscles and are noninvasive treatment with the end goal that they don't include the situation of any vaginal weights/cones (Arrue et al., 2010).

Postpartum pelvic floor muscle practice has been exhibited to be successful in counteraction and treatment of urinary incontinence in the quick Postpartum period.8 Recent investigations inferred that between the eighth and sixteenth week after conveyance, a uniquely planned Postpartum pelvic floor muscle practice course was viable in expanding pelvic floor muscle quality and lessening urinary incontinence (Tenga, 2015). In the gathering obviously, 66% were restored following the severance of the managed preparing period, contrasted and 33% in the benchmark group. The outcomes likewise demonstrated that the accomplishment of baby blues pelvic floor muscle practice relied upon preparing recurrence and force (Aoki et al., 2017).

**RESULTS AND DISCUSSION**

**Section A**

**Sample characteristics**

Among 60 postnatal mothers, most of the postnatal mothers 25(41.7%) were in the age group of 26 – 30 years, 41(68.3%) were Hindus, 25(41.6%) had secondary level of education, 34(56.7%) were doing moderate activity, 26(43.3%) were of parity one, 26(43.3%) had one delivery, 45(75%) had a normal vaginal delivery, 36(60%) had urinary incontinence for less than 6 months and 29(48.3%) received knowledge related pelvic floor muscle exercise through health workers.

**Section B**

**Level of urinary incontinence among postnatal mothers**

In the pretest, 40(66.67%) had severe urinary incontinence and 30(33.33%) had moderate urinary incontinence. After the administration of pelvic
In this investigation, the analyst assessed the effect of pelvic floor muscle preparing on the event and force of pee spillage in ladies in three distinct periods: during pregnancy, until about a month and a half baby blues and as long as a year after labour. Also, the analyst analyzed the commitment of pelvic floor exercise to changes in the personal satisfaction of ladies with urinary incontinence. Results demonstrated that urinary incontinence might influence up to 45% of ladies in the baby blues period. The finish of this investigation shows the significance of instructing people in general about the part of prophylaxis in the avoidance of urinary incontinence and affirms that pelvic floor preparing is a viable strategy for prophylaxis and treatment of pee spillage during pregnancy and the baby blues period (Zarawski et al., 2017).

The pretest means a score of urinary incontinence was 9.93 with standard deviation 1.59 and the post test means a score of urinary incontinence was 6.73 with standard deviation 1.52. The calculated paired ‘t’ test value of t = 19.272 was found to be statistically highly significant at p<0.001 level. This clearly infers that pelvic floor muscle exercise on reducing urinary incontinence administered to the postnatal mothers was found to be effective and significant improvement was observed in the post-test level of urinary incontinence among postnatal mothers (Table 2).

The present study finding is supported by a study conducted by Bok MS (2011) conducted a quasi-experimental study to assess the effect of pelvic floor muscle training exercises in reducing urinary and fecal incontinence among 747 women on New Zealand. Results revealed that women in the intervention group had significantly less urinary incontinence. 167(59.5%) versus 169(69.0%), 9.1% is the difference among two groups, fecal incontinence was also reduced 12(4.4%) versus 25(10.5%) difference is 6.1%. Finally, the researcher concluded that effective pelvic floor muscle training could reduce incontinence. So it is vital for the mothers to know about pelvic floor exercises to reduce fecal and urinary incontinence (Kari, 2004).

### Section C

**Association of the level of knowledge with selected demographic variables**

The present study revealed that the demographic variables mode of delivery and any previous knowledge related to pelvic floor muscle exercise had shown statistically significant association with post test level of urinary incontinence among postnatal mothers at p<0.05 level and the other demographic variables had not shown association.

### CONCLUSIONS

On the basic of the study, the investigator concluded that pelvic floor muscle exercise had a significant effect to control urinary incontinence among postnatal mothers by regular performing of pelvic floor muscle exercise. Pelvic floor muscle exercises are simple, easy to do and may enhance greater comfort for the women with urinary incontinence.

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### Conflict of Interest

The authors declare that they have no conflict of interest for this study.

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