

Assess Levels of Knowledge, Attitude and Practice of the Married Women about Pelvic Floor Muscles Exercise

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Abstract: The aim of this study was to assess knowledge, attitude and practice regarding pelvic floor muscles exercises among women in Al Madinah Al Monawarah. The design descriptive cross sectional research design was used. Settings the study was conducted at 3 randomly selected family health centers affiliated to the ministry of health in Al Madinah city named Al hejra, alawaly and azhary primary health care centers. Subjects the study was comprise a convenience sample of 200 pregnant women attending the previously selected family health centers. Tool questioner schedule was used. The Result show that more than one half (54%) of our sample were aged from 25 years to less than 35 years. And low rate of them were had urinary incontinence. In relative to knowledge of them about pelvic floor muscles exercise was good, more than three quarter of them (76.5%) heard about it. As there trend, the exercise has not spread widely among women, while about two third (66.5%) of the sample agreed to do. The majority of our sample agree with the relationship between obesity and multi pregnancy with relaxant and muscles weakness of pelvic floor muscles, Also they think this exercise is very important during antenatal and postnatal. Regarding to application of married women to pelvic floor muscles exercises it was observed that less than two fifth (39.5%) had these application while only (8, 5%) had not. In Conclusion over all our sample knowledge and attitude on pelvic floor muscle exercises were good, which shown more than three quarter of the subject were known about this exercises, but unfortunately the practice of the subject on pelvic floor muscle exercises were poor

1. Introduction

Women faced several factors that can weaken her pelvic floor muscles. Factors such as pregnancy, childbirth, aging, being overweight, and abdominal surgery such as cesarean section, often result in the weakening of the pelvic floor muscles¹

The pelvic floor muscles are a group of muscles that wrap around the underside of the bladder and rectum². various studies debate the relative effectiveness of different tools versus traditional exercises³

Pelvic floor muscles exercises are said to be good for treating vaginal prolapse⁴ and preventing uterine prolapse⁴ in women. Pelvic floor muscles exercises- beneficial in treating urinary incontinence in women⁵ It may also increase sexual gratification, allowing women to complete pompoir⁶ along with counseling and sex therapy might also be helpful for women who have persistent difficulty reaching orgasm⁷ Antenatal pelvic floor muscle exercises is the primary prevention of postpartum stress incontinence in women⁸ A problem that affects up to 70 percent of women during or after pregnancy.⁹ If the muscles that keep your bladder closed are weak, you may have accidents when you sneeze, laugh or lift a heavy object. This is stress incontinence¹⁰. Pelvic floor muscle exercises are effective in treating stress incontinence, it prevention studies demonstrate equivocal findings¹¹. Therefore this exercise should be taught to all antenatal mothers during antenatal visit/ classes or before they were discharged following delivery¹². Unfortunately to date, there is no Pelvic floor muscles exercises module that can guide local health care providers to teach antenatal mothers.

In 1948, Dr. Kegel reported a cure rate of 84% after training of the pelvic floor muscles for women with various types of incontinence¹³. In 1952, Dr. Kegel published a report in which he claimed that the women doing this exercises were

orgasming more easily, more frequently and more intensely: "it has been found that dysfunction of the pubococcygeus exists in many women complaining of lack of vaginal feeling during coitus and that in these cases sexual appreciation can be increased by restoring function of the pubococcygeus¹⁴.

Pelvic floor muscle exercises are a popular prescribed exercise for pregnant women to prepare the pelvic floor for physiological stresses of the later stages of pregnancy and childbirth¹⁵.

A pelvic floor muscle training exercise is like pretending that you have to urinate, and then holding it. You relax and tighten the muscles that control urine flow¹⁶. The muscles should feel as though they 'lift and squeeze' at the same time. The buttock and thigh muscles should remain relaxed but a gentle tightening in the lower part of your tummy muscles is quite normal¹⁷. Its important to find the right muscle to tighten¹⁸. To performing pelvic floor exercises Begin by emptying your bladder, tighten the pelvic floor muscles and hold for a count of 10. Then relax the muscles completely for a count of 10. Do 10 repetitions, 3 to 5 times a ' day (morning, afternoon, and night¹⁹, it takes time, effort and practice to become good at these exercises.²⁰ The action of slowing or stopping the flow of urine may be used as a test of correct pelvic floor exercise technique²¹ but should not be practiced as a regular exercise to avoid urinary retention. You can do these exercises at any time and any place. Most people prefer to do the exercises while lying down or sitting in a chair. After 4-6 weeks, most people notice some improvement. It may take as long as 3 months to see a major change.²²

In previous study that done in Antenatal Clinic in University Sains Malaysia Hospital, Malaysia 2009, Found that The proportion of antenatal women with good knowledge, attitude and practice scores were about 51.8%, 96.4% and 10.7% respectively. There was significant positive correlation

between knowledge and practice score ($p = 0.012$).²²

A cross-sectional study of knowledge and practice of pelvic floor exercises during pregnancy and associated symptoms of stress urinary incontinence in North-East Scotland. 225 women (77.9%) reported being given or obtaining information about pelvic floor exercises in the current pregnancy. Books were the most frequently mentioned source of information. Midwives were the health professionals most likely to give information about pelvic floor exercises. Younger women, first-time mothers and those from more deprived backgrounds were less likely to report having information about the exercises. A third of women (31.1%) said that they would have liked more information about the exercises.

So, knowing the importance of pelvic floor muscles exercises, assessing base line knowledge, attitude and practice of women on this topic is crucial and important and all nurses who work in Obstetric or Gynecological section should play important and good roll in knowledge, attitude and practice of antenatal care to improve health status of women.

Aim of the Study

To assess Knowledge, attitude and practice regarding pelvic floor muscles exercises among married women in AL-Medina AL-Monawara.

Research Questions

- 1) How many women know about pelvic floor muscles exercises?
- 2) What is the attitude of women's regarding pelvic floor muscle exercises?
- 3) How many women do pelvic floor muscle exercises?

2. Materials and Method

Materials

Design:

Descriptive cross sectional research design was used.

Settings:

The study was conducted at 3 randomly selected Family Health centers affiliated to the Ministry of Health in Al Medina Al Monawarah city. Named Al Hejra, AlAwaly and Al Azhary primary health care centers.

Subjects:

The study was comprised a convenience sample of 200 pregnant women attending the previously selected family health centers.

Including criteria:

- Married women.
- Willing to participate in the study.

Tools:

In order to collect the necessary data one tool a questioner Schedule was used in the study. Which divided into 4 parts

- 1) **Demography data:** as name, age, number of deliveries.
- 2) **Knowledge:** as important of these exercises.
- 3) **Attitude:** as possible causes of pelvic prolapse, important of these exercises.
- 4) **Practice:** as time and frequency of practicing.

Method

The study was accomplished according to the following steps:

- 1) Official letters from the Faculty of Nursing, University of Taiba was direct to the responsible authorities at data collection settings to take their permission to conduct the study after explaining their purpose.
- 2) Development of tool will be done by the researcher after reviewing of relevant and current literature^[1,5,9, 17, 19].
- 3) A pilot study was carry out on 20 women (excluded from the sample) to test the clarity and applicability of the tools as well as to calculate the time needed to complete it. After that the necessary modifications will be done.
- 4) Verbal consent was taken from married women to participate in the study after explanation of the study aim.
- 5) The privacy and confidentiality of collected data were maintained throughout the study.
- 6) Tool of the study was disrepute to married women to obtain the necessary information then collected from them.
- 7) After completion of data collection, the necessary statistical analysis was done.
- 8) Data collection was taken two month from March to May 2015.

Statistical analysis

After data was collected and transferred into special design formats so as to be suitable for computer feeding, data was analyzed using personal computer with statistical package for social science (SPSS) version 16.0 20.0.

Ethical considerations will be adhered to all stages of the study:

- The protocol will be approved by the ethical committee.
- Women will be approached and informed about the purpose of the study before being asked to participate and an oral consent to participate in the study will be obtained from them.
- The assurance of anonymity will be addressed prior to the request for participation, anonymity of participants will be provided in two ways:

The participants will be asked not to put their names on the questionnaire; this all information will be remained confidential. In addition, they will be reassured that their participation in the study is voluntary. Also, they will be informed that they could withdraw from the study at any time if they wish not to participate.

Confidentiality and privacy will be maintained by data coding to eliminate identifying data with personal information.

3. Result

Table I: Distribution of study group regarding to personal data

Items	Percent	Frequency
Age		
Less man 25	9.0	18
From 25 to less than35	54.0	108
Total	100.0	200
II-Level of Education:		
Not Educated	1.0	2
Collage + High educated	60.0	120
Total	100.0	200
III-History of Urinary Incontinence		
Yes	15.5	31
No	84.5	169
Total	100.0	200
IV-History of Prolapse:		
Yes	19.0	38
No	81.0	162
Total	100.0	200
V-No.of SVD:		
Less than three	42.5	85
Not applicable	17.0	34
Total	100.0	200

Shows the distribution of personal data.

Regarding to age, the majority of married women 54% were at age from 25 to less than 35. As regarding to educational level it was observed that high education woman were the majority 60 %, as regarding to the number of normal spontaneous vaginal delivery was observed that less than have of the sample 42, 5% had delivery more than three times.

Table II: Distribution of study group regarding to knowledge of married women about pelvic floor muscles exercises.

Items	Percent	Frequency
VI – Hearing about PFME		
Yes	75.5	153
No	23.5	47
Total	100.0	200
VII – from where		
Different media	39.5	70
Clinic	10	20
Total	100.0	200
VIII – Avoid prolapse		
Yes	48	96
No	3	6
Total	100.0	200
IX- Avoid incontinence		
Yes	54.5	109
No	1.5	3
Total	100.0	200
X – orgasm		
Yes	34.5	69
No	2.5	5
Total	100.0	200

XI – Vagainal Tightening		
Yes	72	144
No	.5	1
Total	100.0	200
XII – pushing		
Yes	47	94
No	2	4
Total	100.0	200

Shows the distribution of Information for married women about pelvic floor muscles exercises. Regarding to woman thoughts about avoidance of prolapse it was observed that the majority of sample 48% had reported agree while minority 1, 5% not agree, as regarding to woman thoughts about avoidance of incontinence it was observed that the majority of sample 54.5% had reported agree but the minority 1.5 % not agree table II distribution of study group regarding.

Table III: Distribution of study group regarding to Trends of married women about pelvic floor muscles exercises.

Items	Percent	Frequency
XIII-Spread:		
Agree	33.5	67
1 Don't Agree	66.5	133
Total	100.0	200
XIV-Multipara:		
Agree	92.5	185
1 Don't Agree	7.5	15
Total	100.0	200
XV-Obesity:		
Agree	72.5	145
1 Don't Agree	27.5	55
Total	100.0	200
XVI-Post Partum:		
Agree	93.5	187
1 Don't Agree	6.5	13
Total	100.0	200
XVII-Preparing for SVD:		
Agree	67.5	135
1 Don't Agree	32.5	65
Total	100.0	200
XVIII-Continuity:		
Agree	87.0	174
1 Don't Agree	13.0	26
Total	100.0	200

Shows the distribution of Trends for married women about pelvic floor muscles exercises.

Regarding to multipara women it was observed that majority of sample 92.5% had reported agree while the minority 7.5% not agree, as regarding to obesity in women it was observed that majority of sample 72.5% had reported agree while the minority 27.5% not agree, as regarding to continuity of performance the exercises it was observed that the majority of the sample 87% had reported agree while the minority 13% not agree.

Figure I: Distribution of study group regarding to Application of married women to pelvic floor muscles exercises.

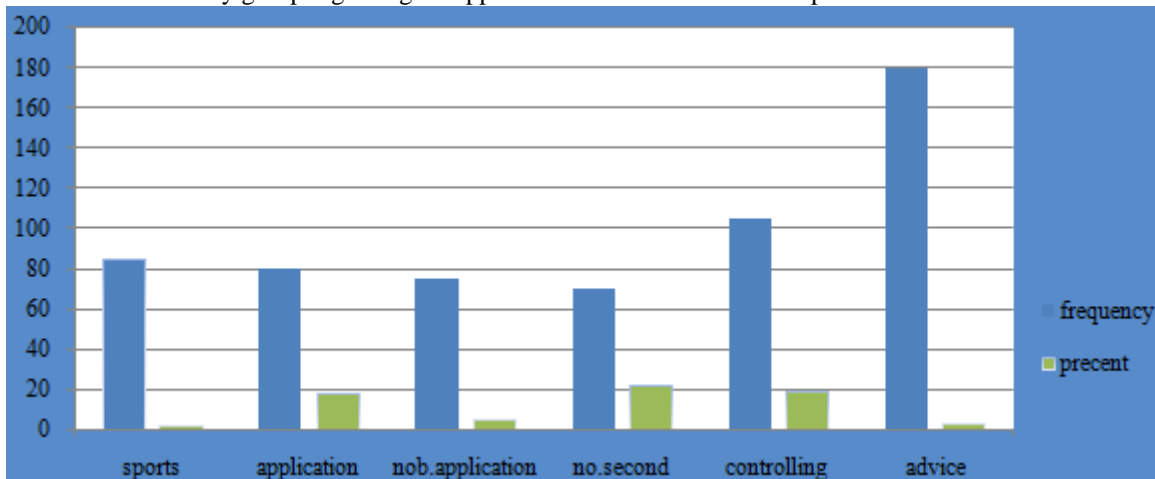


Figure I: Application of married women to pelvic floor muscles exercises

Shows the distribution of application of married women to pelvic floor

Muscles exercises.

Regarding to application of married women to pelvic floor muscles exercise it was observed that 39.5% had these application while only 8, 5% had not, as regarding to the number of application it was observed that 39, 5% applied 15 times and less while 2, 5% reported 45 times, as regarding to married women controlled urine during micturition it was observed that the majority of the sample 52.5% had reported applied while the minority 9.5% not applied.

4. Discussion

Pelvic floor dysfunction is a source of morbidity and negatively affects one's quality of life.¹ Dysfunction is often associated with muscular weakness and the failure of supporting connective tissue structures, leading in particular to urinary and fecal incontinence, prolapse of the pelvic structures, defecation problems, and sexual difficulties⁶. The aim of this study was to assess knowledge, attitude and practice regarding pelvic floor muscles exercises among married women in Al-Madinah Al- Monawarah.

The finding of the study was discussed in view of achievement of their aim, their significance and comparison with other available studies and information.

The result of current study revealed that the majority of subject aged from 25years to less than 35 years, this in line with previous study done in Antenatal Clinic in University Sains Malaysia Hospital, 2009¹⁵. The prevalence of urinary incontinence was 15.5% which was similar to the same previous mentioned study¹²¹.

In relation to knowledge of women about Pelvic Floor Muscle Exercise 76.5% was heard about it, this was on the same line with A cross- sectional study of knowledge and practice of pelvic floor exercises during pregnancy and associated symptoms of stress urinary incontinence in North-East Scotland⁷, on the other hand(65.8%) had never heard about Pelvic Floor Muscle Exercise as mentioned in study of Cinara Sacomori.Fernando Luiz Cardoso and Fabiana Flores

Sperandio for Teaching Pelvic Floor Muscle Exercises to Women in a Primary Care at Santa Catarina State University, Brazil, 2012¹⁶. The media was the most frequently mentioned source of information, this was in contrast with the previous study in North-East Scotland¹⁸.

Most of the subject shown good attitude regarding Pelvic Floor Muscle Exercise this was agree with previous study done in Antenatal Clinic in University Sains Malaysia Hospital, Malaysia 2009⁶.

Regarding to Pelvic Floor Muscle Exercise appliance, our study shown that(32%) from our subject did Pelvic Floor Muscle Exercise, that was disagree with study on A cross-sectional study of knowledge and practice of pelvic floor exercises during pregnancy and associated symptoms of stress urinary incontinence in North-East Scotland which mentioned that over half the sample (54.0%) did it.

5. Conclusion and Recommendation

5.1 Conclusion

The aim of this study is to assess Knowledge, attitude and practice regarding pelvic floor muscles exercises among pregnant women.

Based on the result of this study It can be concluded that: over all our sample knowledge and attitude on pelvic floor muscle exercises were very good, which shown more than three quarter of the subject were known about this exercises, but unfortunately the practice of the subject on pelvic floor muscle exercises was poor.

5.2 Recommendation

Based on the finding of the present study, the following recommendations were found useful within the context:

- 1) Needs more attention about pelvic floor muscle exercises from primary physicians in
- 2) Our female's should be informed and trained to pelvic floor muscle exercises properly by educational courses.

- 3) Utilizing antenatal classes to introduce pelvic floor muscle exercise for maintaining pelvic muscle strength to improve knowledge, yet give a positive impact on its practice and health outcome.
 - 4) Development of future studies to examine motivational aspects in the women which might lead to greater adherence.
 - 5) Needs for Pelvic floor muscles exercises nurse module that can guide local health care providers to teach pregnant women
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