

“A Pre Experimental Study to Assess the Effectiveness of Postnatal Exercises in Prevention of Urinary Incontinence among Postnatal Mothers Admitted In Sree Balaji Medical College and Hospital, At Chrompet, Chennai

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Abstract:

Introduction: The postnatal period is the time during which mother's body adjusts physically and psychologically to the process of childbearing.

Objectives: To assess the level of urinary incontinence before intervention, to assess the level of urinary incontinence after intervention, to assess the effectiveness of postnatal exercise among postnatal mothers, to associate the effectiveness of post assessment level of urinary incontinence with selected demographic variables in experimental group.

Methodology: Non random sampling was used to select the sample for the study. The investigator demonstrates the postnatal exercise to the mother. Post assessment level of urinary incontinence was done after one month. **RESULT:** It reveals the effectiveness of postnatal 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 group is 0.9 and 0.2 respectively. The overall paired 't' test was 20.1 which showed that there was statistically significant difference between pre test and post assessment level of urinary incontinence among postnatal mothers in experimental group. Hence the postnatal exercises were found to be effective.

Conclusion: Based on the finding the study concluded that postnatal exercises are more important during postnatal period in reducing the risk of urinary incontinence and strengthening the pelvic floor muscles.

I. Introduction

The postnatal period is the time during which mother's body adjusts physically and psychologically to the process of childbearing. The period following childbirth during which the body tissues, in particular the genital and the pelvic organs, return to the condition they were in pre-pregnancy, which lasts for approximately 6 weeks. Immediately following delivery, the uterus becomes firm and retracted with alternate hardening and softening. Immediately following delivery, the lower segment becomes a thin, flabby, collapsed structure. It takes a few weeks to revert back to the normal shape and size of the isthmus. The cervix contracts slowly; the external os admits two fingers for a few days but the end of first week, narrows down to admit the tip of a finger only. The external os never reverts back to the nulliparous state. Soon after delivery the uterus height becomes 13.5cm and reduce gradually 1.25cm every day.

II. Objectives

To assess the level of urinary incontinence before intervention, to assess the level of urinary incontinence after intervention, to assess the effectiveness of postnatal exercise among postnatal mothers, to associate the effectiveness of post assessment level of urinary incontinence with selected demographic variables in experimental group.

III. Methodology

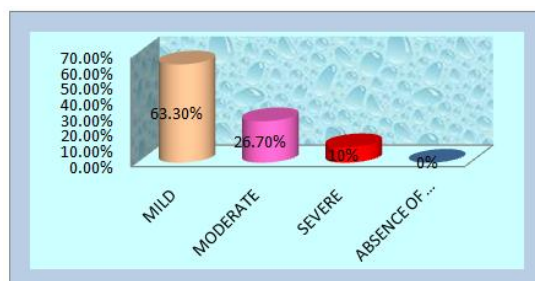
In this present study, the investigator evaluates the effectiveness of postnatal exercises in prevention of urinary incontinence. Hence evaluative research approach was more suitable for this study and a one group pre test and post test design was used. Non random sampling was used to select the sample for the study. The total study sample consists of 30 postnatal mothers in Sree Balaji Medical College and Hospital, at Chrompet, Chennai. Pre assessment level of urinary incontinence was observed by using checklists. The investigator demonstrates the postnatal exercise to the mother. Post assessment level of urinary incontinence was done after one month.

IV. Results

Pre- Assessment Level Of Urinary Incontinence

S/ NO	EXPERIMENTAL GROUP N=30	MILD		MODERATE		SEVERE		ABSENCE OF URINARY INCONTINENCE	
		F	%	F	%	F	%	F	%
1.	PRETEST	19	63.3	8	26.7	3	10	0	0

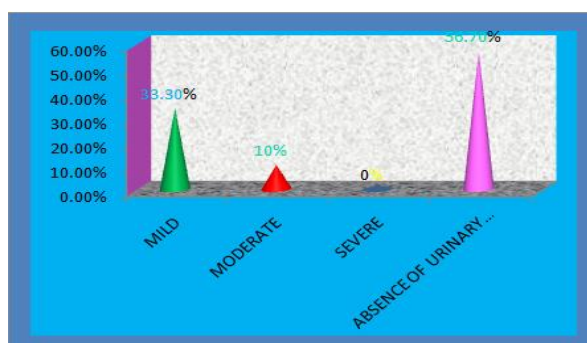
Among the pre test majority of the samples 19 out of 30 experienced mild (63.3%) level of urinary incontinence, 8 out of 30 experienced moderate (26.7%) level of urinary incontinence, 3 out of 30 experienced severe (10%) level of urinary incontinence and 0 out of 30 experienced absence of urinary incontinence (0%).



Post Assessment Level Of Urinary Incontinence Among Postnatal Mothers In Experimental Group

S/ NO	EXPERIMENTAL GROUP N=30	MILD		MODERATE		SEVERE		ABSENCE OF URINARY INCONTINENCE	
		F	%	F	%	F	%	F	%
1.	POST TEST	10	33.3	3	10	0	0	17	56.7

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.

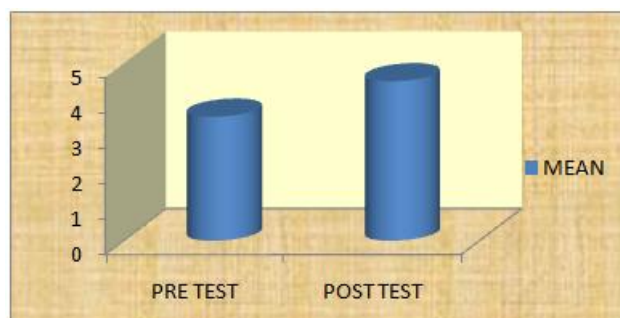


Comparison Of Pre & Post Assessment Level Of Urinary Incontinence Among Postnatal Mothers In Experimental Group N=30

S/ NO	GROUP	PRE TEST (BEFORE INTERVENTION)		POST TEST (AFTER INTERVENTION)		EFFECTIVENESS (DIFFERENCE)		Paired 't' test value
		MEAN	SD	MEAN	SD	MEAN	SD	
1.	Experimental group	3.5	0.7	4.5	0.6	0.9	0.2	20.1***(S)

Level of statistical significance ***p<0.001

It reveals the effectiveness of postnatal 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 group is 0.9 and 0.2 respectively. The overall paired 't' test was 20.1 which showed that there was statistically significant difference between pre test and post assessment level of urinary incontinence among postnatal mothers in experimental group. Hence the postnatal exercises were found to be effective.



V. Conclusion

Based on the finding the study concluded that postnatal exercises are more important during postnatal period in reducing the risk of urinary incontinence and strengthening the pelvic floor muscles.

VI. Recommendations

The investigator recommends the following suggestions for further research.

- It has to be conducted in large samples.
- Similar study can be conducted between different age groups and different setting like community.
- A true experimental study can be conducted to assess the effectiveness of postnatal exercises on prevention of urinary incontinence.

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