

Urinary Incontinence Among Menopausal Northern Upper Egyptian Women Impact of Deep Kegel and Breathing Exercises

Abstract

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Background: According to age, the prevalence of stress incontinence ranges from 29% to 75%, with a mean of 48%.

Aim of the study: The study aimed to evaluate effect of deep breathing and kegel exercises on urinary incontinence among menopausal women.

Design: A quasi-experimental study design was utilized in this study (one group pre and post-test).

Sample: A purposive sample was selected and this study was performed on 100 Menopausal women diagnosed with stress urinary incontinence.

Setting: gynecological and urological outpatient clinics Beni-Suef university hospital.

Tools: Data was collected using 1) a structure interviewing questionnaire schedule, 2) The International Consultation on Incontinence Modular Questionnaire 3) Pelvic floor muscles exercises checklist.

Results: There were highly statistical significant differences in the frequency of urinary incontinence (p-value 0.000) and the amount of urine loss (p-value 0.004) among the studied women before and after practicing deep breathing and Kegel exercises, Also there were as highly statistical significant improvement in physical condition (p-value 0.000) and psychological condition of the studied women (p-value 0.000) after intervention than pre-intervention.

Conclusion: Deep breathing and kegel exercise had positive effect on physical and psychological conditions as well as "performing daily activities without stress, feeling of confidence and satisfied from sexual relation".
Recommendations: Developing awareness program regarding importance and benefits of practicing deep breathing and kegel exercises to reduce stress urinary incontinence symptoms among elderly women.

Keywords: deep breathing; menopausal women; kegel exercise; urinary incontinence