

Effect of Kegal and Breathing Exercise adherence on Obstetrical History of Elderly Women with Urinary Incontinence

Abstract

Abstract: Since urinary incontinence is a fundamental nursing care concern, nurses need to be more imaginative, brave, and creative when coming up with fresh ideas for managing and preventing urinary incontinence. Aim of the study: The study's objective was to assess how deep breathing exercises and nurse-based kegel exercises affected elderly women's urinary incontinence. Design: Pre- and post-testing were given to one group in this quasi- experimental study design. Sampling strategy: Purposive sampling was used to include 100 menopausal women diagnosed with stress urine incontinence in the study. Setting: Beni-Suef University Hospital's gynecological and urology outpatient clinics. Tools: Data was collected using a structure interviewing questionnaire schedule. Results: It reveals 30% done exercises regularly at the 1st week of the 1st month; it reaches to 92% at the end of the 3rd month. It reveals that severe incontinence decreased from 75% preprogram to 28% post program. By the conclusion of the third month of the intervention, there had been a highly statistically significant improvement in the frequency of urine incontinence, which was inversely correlated with the regularity of deep breathing exercises and Kegel exercises. Conclusion: it shows that women's practices have improved over the course of three months. The women in the study experienced a reduction in the intensity of their urine incontinence both before and after applying deep breathing and kegel exercises. Deep breathing, kegel exercise adherence, and the degree of stress urine incontinence were found to be negatively correlated. Recommendations: programs for in-service training that teach nurses how to manage urine incontinence with Kegel's exercise.

Key words: Deep Breathing, Elderly Women, Kegel Exercise, Stress Urinary Incontinence.