

Physical and Psychological Condition for Elderly Women's with Urinary Incontinence: Impact of Breathing and Kegal Exercise

Abstract

Background: The International Continence Society (ICS) defines urinary incontinence (UI) as the complaint of any involuntary leakage of urine. It is a distressing and debilitating condition that is becoming more prevalent as our population ages. It significantly impacts on quality of life, both physically and psychosocially and has major economic ramifications. **Aim of the study:** The study aimed to assessing correlation between deep breathing and kegel exercises adherence, physical and psychological condition of the studied sample through the program phases. **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 a structure interviewing questionnaire schedule, 2) The International Consultation on Incontinence Modular Questionnaire 3) Pelvic floor muscles exercises checklist. **Results:** Most of the studied sample (78%) complained from (untreated urinary tract, gestational diabetes, ante partum hemorrhage, anemia and pregnancy induced hypertension) (30%, 19%, 15%, 7%, 7%), respectively, during their previous pregnancies, 45% of the studied women reported that their frequency of urination is several times per day preprogram but it became only 19% post program implementation. It reveals that there are improvement in the performance of all steps of deep breathing and Kegel exercise throughout the time of the study. **Conclusion:** It indicates effectiveness of the program as the results revealed highly statistical significant differences in the frequency of urine leakage of the studied sample after intervention than pre intervention, highly statistical differences in the studied sample's performance of the deep breathing and Kegel exercises throughout the time of the study. A negative correlation between regularity of practicing deep breathing and Kegel exercise and frequency of urinary incontinence was found and highly statistical significant improvement in the frequency of urinary incontinence at the end of the 3rd month of intervention. **Recommendations:** Health education about the correction of misconceptions about urinary incontinence, which can be an effective means of bringing incontinent women into contact with health care center for early appropriate intervention.

Key words: Breathing and Kegal Exercise, Elderly Women, Physical Condition, Psychological Condition, Urinary Incontinence