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Knowledge, attitude and practice towards pelvic floor muscle training among childbearing women
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Abstract

Objectives: This study aims to identify knowledge, attitude, and practice of pelvic floor muscle training (PFMT) and to identify the prevalence of urinary incontinence. Materials and methods: The method used was a cross-sectional study. Self-administered knowledge, attitude, and practice questionnaires were distributed among childbearing women attending Maternal & Child Health Clinics in the East Coast region of Malaysia. Results: The findings revealed that most respondents (N = 896) had good or moderate knowledge (80.1%) and attitudes (77.3%) regarding PFMT but most of them (87.2%) still lacked practice. However, there was no association between urinary incontinence and PFMT practice. On the contrary, married women showed a higher risk of urinary incontinence. Conclusions: The practice of pelvic floor muscle training should be recommended and emphasized to childbearing women by healthcare professionals. © 2023 Edizioni Scripta Manent s.n.c.. All rights reserved.

Author Keywords

Attitude; Knowledge; M-ISI; Pelvic floor muscle training; Practice; Urinary incontinence

Index Keywords

adult, attitude to health, Conference Paper, cross-sectional study, disease risk assessment, educational status, female, health behavior, health care personnel, health promotion, high risk population, human, knowledge, Malaysia, married woman, middle aged, pediatric hospital, pelvic floor muscle training, prevalence, quantitative study, questionnaire, urine incontinence, young adult, attitude to health, child, kinesiotherapy, pelvic floor, procedures, stress incontinence, treatment outcome, urine incontinence; Child, Cross-Sectional Studies, Exercise Therapy, Female, Health Knowledge, Attitudes, Practice, Humans, Pelvic Floor, Treatment Outcome, Urinary Incontinence, Urinary Incontinence, Stress

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