Effect of Maya Massage on Relieving Women's Uterine Prolapse Degrees

Thesis

Submitted in Partial Fulfillment of the Master's Degree
in Maternity & Neonatal Nursing

By

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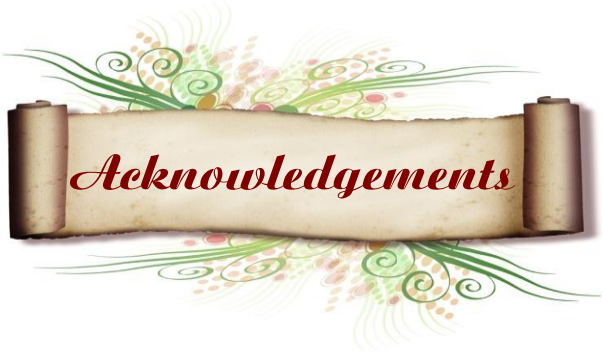

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Contents

Contents of literature review

Review of literature will be included the following outlines:

III. Chapter (3) Nursing roles toward Maya massage for women suffering from uterine prolapse:

List of Abbreviations

Abbreviation	*Meaning*
EAS	External Anal Sphincter
USA	United State American
WHO	World Health Organization
PIDS	Pelvic Inflammatory Diseases
POPQs	Pelvic Organ Prolapse Quantification System
SUI	Stress Urinary Incontinence
MRI	Magnetic Resonance Imaging
CT	Computed Tomography
CMG	Cystometrogram
UTI	Urinary Tract Infection
ERT	Estrogen Replacement Therapy
DVT	Deep Venous Thrombosis
PMS	Premenstrual Syndrome
IBS	Irritable Bowel Syndrome
IUD	Intrauterine Device
GERD	Gastroesophageal Reflux Disorders
S1 and S2	Sacral 1 and Sacral 2
RESPECT	Recognize ,Eliminate, Speak ,Practice ,Earn, Consider and Time
BACK	Back straight ,Avoid twisting, Close to the body and Keep the lift smooth
FRAMES	Feedback ,Responsibility, Advice ,Menu ,Empathy and Self-efficiancy
RESPECT	Respect ,Excellence ,Service , Professionalism ,Empathy , Communication and Teamwork
CAM	Complementary Alternative Medicine
DM	Diabetic Mellitus
BMI	Body mass index
OPD	Outpatient Department
NVD	Normal vaginal delivery

POP	Pelvic Organ Prolapse
2 D,3D and 4D	Two dimension,three dimension and four dimension

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Abstract

An intervention study design was used **to investigate** the effect of Maya massage on relieving uterine prolapse degrees. **A purposive** sample were used to recruit thirty women with 0, I, II stages of uterine prolapse **at Gynaecological** Outpatient Clinic and Urogenital Dynamic Unit at Ain Shams University Maternity Hospital. **Two tools** of data collection were used in this study as follows: An interviewing schedule sheet and uterine prolapse manifestation follow up sheet. **Results**: findings of the present study showed that 66.7% of the studied women carried heavy object. Moreover, 70.0% of them had moderate obesity. Furthermore, all of the studied women had total mild manifestation of uterine prolapse before intervention. Finally, there was a highly statistical significant difference between mean score of uterine prolapse manifestation before, and twelve weeks after intervention. **Conclusion:** Maya massage significantly relieves uterine prolapse manifestation after intervention by eight and twelve weeks that reflected upon relieving uterine prolapse degrees. **Recommendations:** conduction of awareness session for women about Maya massage as a complementary alternative therapy.

Key word: uterine prolapse, Maya massage

Introduction

Uterine prolapse, from Latin 'prolapce', literally meaning "to fall out of place," means the uterus "womb" falls down below its normal anatomical position and protrudes through vagina as a result of weakness in the uterine supporting structures. This weakness includes muscles, ligaments and fascia that may be associated with prolapse of other pelvic organs including vagina, bladder or rectum. It is called pelvic relaxation, uterus displacement or pelvic floor herniation ***(Loomis, 2012).***

Incidence of uterine prolapse is difficult to determine accurately because many women with (0) stage of uterine prolapse are asymptomatic. Women with other stages, on the other hand, are reluctant to seek medical care because they are too embarrassed to mention symptoms for their physicians. Therefore , incidence of pelvic organ prolapse cases in USA is 3.3 million. Meanwhile, in Nepal there are 600,000 women suffering from uterine prolapse. About 14% of Egyptian women suffer from uterine prolapse ***(World Health Organization, 2012).***

There are a large number of potential risk factors of uterine prolapse. Some of these are the weakness and / or damage of pelvic tissues, ligament and muscles that support the uterus due to multiple pregnancies especially at teenage and childbirths. Other factors include extra stresses on abdominal, pelvic muscles and ligaments from large fetal size, twins, large fibroids uterus and pelvic tumors, and heavy lifting ***(Chen and Soo-Cheen, 2007).***

There are also instrumental delivery, subinvolution and ascites, pelvic inflammatory diseases, neuromuscular diseases as diabetic neuropathy and congenital weakness in pelvic uterine supporting structures. Decreased oestrogen hormones