



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكرو فيلم

بسم الله الرحمن الرحيم



HANAA ALY



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شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



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جامعة عين شمس التوثيق الإلكتروني والميكروفيلم

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Educational Program for Multipara Women with Stress Urinary Incontinence

Thesis

*Submitted for Partial Fulfillment of Master Degree in
Nursing Science (Maternity and Gynecology Nursing)*

Submitted By

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2021**

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LIST OF ABBREVIATIONS

Abbr.	Meaning
CISC	Clean Intermittent Self-Catheterization
IAD	Incontinence-Associated Dermatitis
ICS	Instituto de Ciencias da Saude
ISI	Incontinence Severity Index
L4	Lumber plexus
NICE	National Institute for Health and Care Excellence
OAB	OverActive Bladder
PFMEs	Pelvic Floor Muscle Exercises
PFMT	Pelvic Floor Muscle Training
PH	Potential of Hydrogen
PTNS	Percutaneous Tibial Nerve Stimulation
S3	Sacral plexus
SNM	Sacral Neuromodulation
SNS	Sacral Nerve Stimulator
SPSS	Statistical Package for the Social Science
SUI	Stress Urinary Incontinence
TN	Tibial Nerve
UI	Urinary Incontinence
WHO	World Health Organization

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6	Suportive educational material.
7	Protocol.

Educational Program for Multipara Women with Stress Urinary Incontinence

Abstract

Background: Stress urinary incontinence is one of the most frequently observed health problems among multipara women which occurs in the presence of an increase of intra abdominal pressure , has a significant impact on physical health, psychological wellbeing, social functioning and the cost of health care which lead to impairment of the quality of life, embarrassment, bothersome and emotional distress. **This study aimed** to evaluate the effect of educational program on multipara women’s knowledge, practice and attitude regarding stress urinary incontinence. **Research design:** Quasi experimental time series design (Pre and post test) was used. **Setting:** This study was conducted at komhamada general hospital. **Sample:** A Purposive sample was used and was about 70 cases. **Tools:** **Tool I:** Interviewing questionnaire. **Tool II:** Multipara women’s self-care practices regarding stress urinary incontinence. **Tool III:** Likert attitude scale. **Tool IV:** Incontinence severity index. **Tool V:** Follow up card for multipara women with stress urinary incontinence. **Results: The study results showed** a highly statistically significant improvement regarding their knowledge, practice and attitude post intervention compared to pre intervention regarding stress urinary incontinence, also there was a highly statistically significant relation between total knowledge, attitude and practice of multipara women and stress urinary incontinence. **Conclusion:** Implementing educational program for multipara women with stress urinary incontinence had a positive effect on multipara women’s knowledge, attitude and practice. **Recommendation:** Increase health awareness of multipara women with stress urinary incontinence about the importance of self care practices to improve their symptoms.

Keywords: Educational Program, Multipara women, Stress Urinary Incontinence.

Operational definition

Multipara woman: refers to a woman who had two or more viable pregnancies. This term is used regardless of whether the infant is born alive. The pregnancy must last at least 20 weeks for it to be considered a viable pregnancy the term para refers to births (**Lawson, 2016**).

Stress Urinary Incontinence (SUI): Patients involuntarily pass small amounts of urine with sudden pressure on the bladder and urethra, causing the sphincter muscles to open briefly, pressure may be from sudden forceful activities like exercise, sneezing, laughing or coughing (**Urology Care Foundation, 2018**).

Educational program: sequence of educational activities designed and organized to achieve pre-determined learning objectives or accomplish a specific set of educational tasks over a sustained period. A programme may have major components not normally characterized as courses, units, or modules – for example, play-based activities, and periods of work experience, research projects and the preparation of dissertations (**Joo-Nagata et al., 2017**).