

4-13-2022

Qualitative Exploration of the Perception and Satisfaction of Occupational Engagement and Level of Awareness of Treatment options for Parous Women with Pelvic Floor Dysfunction.

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Recommended Citation

Donald, S., Kasyan-Howe, P., Domville, K., & Schubert, L. (2022, April 13). Qualitative Exploration of the Perception and Satisfaction of Occupational Engagement and Level of Awareness of Treatment options for Parous Women with Pelvic Floor Dysfunction.. Poster presented at the Virtual OTD Capstone Symposium, University of St Augustine for Health Sciences. Retrieved from <https://soar.usa.edu/otdcapstones-spring2022/29>

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Qualitative Exploration of the Perception and Satisfaction of Occupational Engagement and Level of Awareness of Treatment options for Parous Women with Pelvic Floor Dysfunction (PFD).

Sterling Donald, OTDS, Dr. Kasyan-Howe, OTR/L, Dr. Domville, OTR/L, and Dr. Schubert, OTR/L

BACKGROUND

It is projected that by 2050 the number of women who will experience at least one pelvic floor disorder will reach 43.8 million (Burkhart et al., 2021). During pregnancy and childbirth, the pelvic floor and the surround structures can be injured or remodeled, which can cause lasting effects to muscle laxity, increasing the opportunity for parous women to have a pelvic floor disorder (Routzong et al., 2020; Sheyn et al., 2018). Women who have had children are known as parous.

PROBLEM

The problem is a gap in the literature about parous women with pelvic floor dysfunction perceptions and satisfaction of occupational performance (Burkhart et al, 2021) and their knowledge of occupational therapy treatment options resulting in decreased participation in daily life and decreased health outcomes.

PURPOSE

To explore the perception and satisfaction of occupational performance and level of awareness of treatment options for parous women with pelvic floor dysfunction to increase participation in daily life and improve health outcomes within the population.

Project Objectives:

- PB1:** Complete IRB
- PB2:** Recruit participants for study.
- PB3:** Conduct COPM and 1–10-point scale interview.
- PB4:** Analyze and summarize data by putting it into a chart.
- PB5:** Disseminate data to peers and faculty.

Special thanks to my mentors Jennifer Peth MS, OTR/L, C/NDT, Sarah Highland MS, OTR/L, and my doctoral coordinators.

METHODS

Theoretical Framework: The Person-Environment-Occupation-Performance (PEOP) model.

Assessment Tools:

- The Canadian Occupational Performance Measure
- 1–10-point Likert scale interview

Participants:

This study included a sample size of 13 participants who were recruited at the Clinics Rehabilitation Hospital Atrium Health Navicent located in Macon, GA.

- Inclusion criteria consisted of women, parous, aged 18-65 years old, and having a symptom of pelvic floor dysfunction.

Research Questions:

1. What are common problem areas in occupational performance for parous women diagnosed with pelvic floor dysfunction?
2. How do parous women diagnosed with pelvic floor dysfunction rate their satisfaction related to problem areas in occupational performance?
3. What awareness do parous women with pelvic floor dysfunction have of treatment options available to them?

Discussion:

- Personal care presented with the theme of discontentment with smelling like urine, having to wear a pad, or pain with sex. Functional mobility had themes of avoiding lifting heavy items to reduce pelvic strain, avoid bending/reach due to fear of leaking, or feeling general pelvic pain with when sitting or moving. Active recreation had themes of avoiding lower body workouts to reduce pelvic strain, limiting walking or exercise activities due to fear of leaking urine or fecal matter.
- 84.6% of participants state that they were not at all aware that occupational therapists treat pelvic floor concerns.
- At least 61.5% of participants rated themselves as not having any knowledge of treatment options concerning their pelvic floor symptoms based on the 1-10-point Likert scale interview.

RESULTS

Figure 1
Summary of participants COPM responses

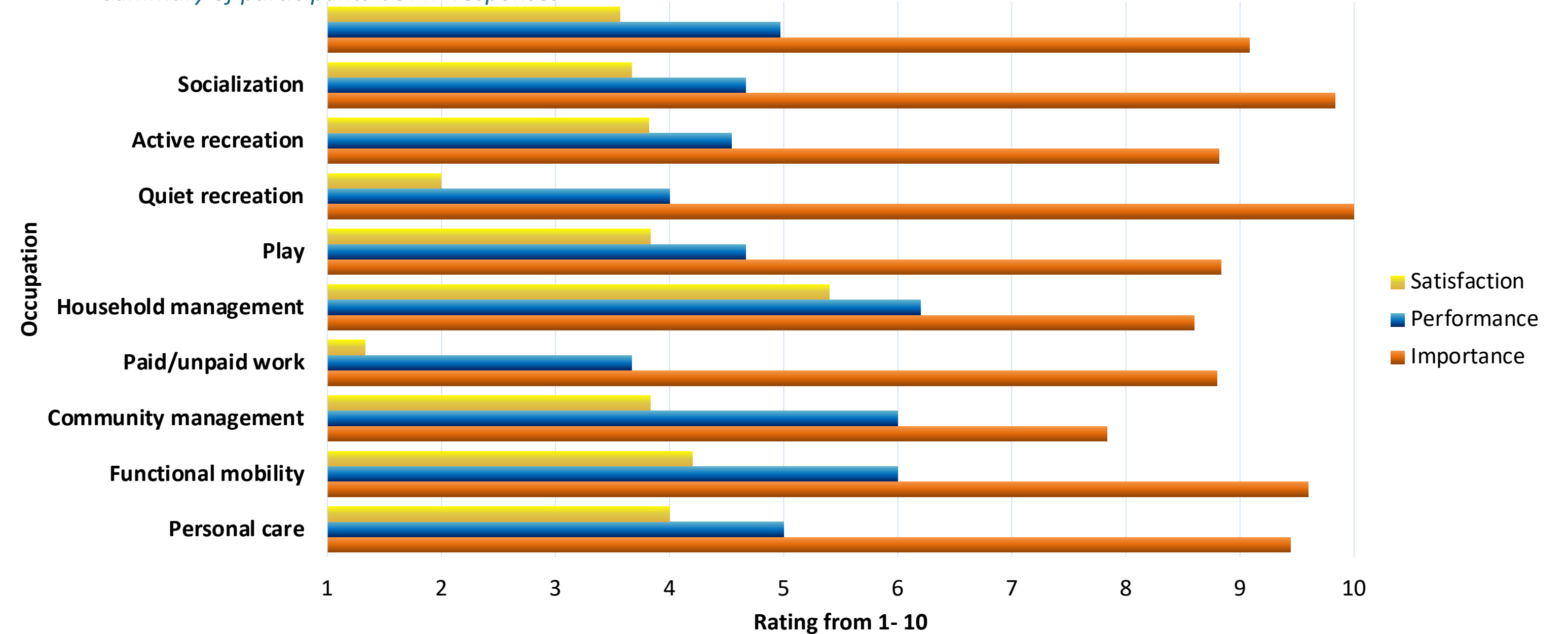
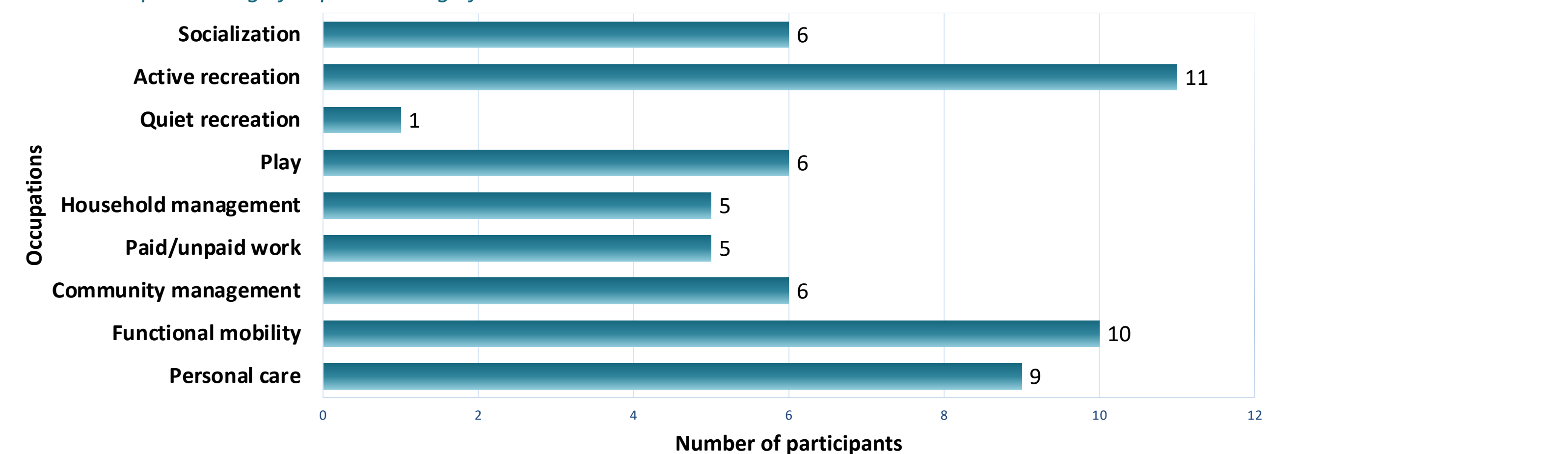


Figure 3
Participant rating of importance significance



Implications for Occupational Therapy:

Practice

More Occupational therapists should specialize in the field of pelvic floor rehabilitation to address the occupations this population has deficits in.

Education

More advocacy is needed to educate this population on care options to increase their well being. Advocacy to educate health practitioners on identifying the attitudes and issues faced within this population can aid in helping occupational therapists better discuss plan of care options, which in return can propel occupational therapy's position in treating within this specialty field.

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