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Women's Health Occupational Therapy and Quality of Life as Related to Pregnancy-Induced Dysfunction

Megan Ramirez; Lisa Griggs-Stapleton, PhD, OTR; Jemila Medley, OTR

BACKGROUND

Pregnancy induced urinary incontinence (UI) effects 1 in every 3 women (Childers, 2016). Further, UI has been noted to have a significant negative effect on Quality of Life (QoL) (Bezerra et al., 2021). Although occupational therapists (OT) can treat this population for both the physical and mental health aspects of UI, there is minimal literature provided from an OT pelvic floor perspective (Burkhart et al., 2021; Sabel & Gallagher, 2015).

PROBLEM

While completing a literature review, a lack of information regarding pelvic floor occupational therapy (OT) and pregnancy related UI treatment was noted.

METHODS

- 5 clients recruited
 - 3 clients participated
 - 2 clinicians recruited
 - 2 clinicians participated
- **Survey:** Due to time restraints clients participated in informal combined pre/post verbal interviews. Answers were analyzed via Microsoft Excel and 4 themes were found.

Topics covered:

1. Program purpose;
2. Program goals;
3. Urinary incontinence (UI) during pregnancy;
4. UI's effects on Quality of Life (QoL);
5. UI's effects on daily activities;
6. Client takeaway from pelvic floor occupational therapy (OT)

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PURPOSE

To enhance the available literature pertaining to the OT profession as providers to the pelvic floor population, to understand the effects of UI on Quality of Life (QoL), and to understand the client's knowledge on UI.

Outcome objectives:

- P1:** Project approval
- P2:** Needs assessment
- P3:** Conduct surveys
- P4:** Create an educational website

PROGRAM

WEBSITE COMPONENTS

General Program Goals:

1. Add to existing literature available for pelvic floor OT
2. Gain insight of the Client's knowledge of UI
3. Create a public website with educational modules pertaining to pelvic floor OT treatment and UI induced by pregnancy.
4. Understand how pregnancy related UI effects the mothers' QoL

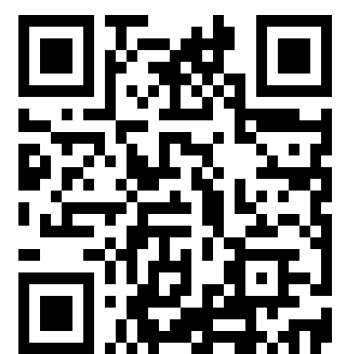
Theoretical Frameworks:

1. Person-Environment-Occupational-Performance Model (PEOP)

Modules:

1. Urinary Incontinence Background
2. Pregnancy and Urinary Incontinence
3. Pelvic Floor Occupational Therapy Background
4. Common Treatment Techniques
 1. The Knack
 2. Behavioral changes
 3. Squatty Potty
 4. Pelvic movements
5. Facts and Anecdotes
6. Useful External Resources

QR Code to Website



Conclusions / Future Directions

Strengths & Weaknesses: This project had support from the primary OT for marketing, recruitment, and implementation of in-person interviews. The program website is easy to read and provides generalized modules. However, it may be difficult to gain website traffic due to the online nature of the website and marketing strategy.

Limitations: This project is limited by only information concerning pregnancy related issues are provided. Additionally, being only available by online means limits the ability to reach everyone.

Implications:

1. Trained pelvic floor OTs can and will generate positive outcomes for this population.
2. More education on pelvic floor OT treatment and UI is necessary.
3. If women can prevent or treat UI early, the client's perceived QoL may improve significantly.

Recommendations: Future students or researchers should explore social medias as educational platforms and how successful they are with activity. Additionally, more projects and research should be done on the role of OT.

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