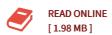


DOWNLOAD PDF

# Pelvic Floor Muscle Exercise

By Rosediani Muhamad

VDM Verlag Mrz 2011, 2011. Taschenbuch. Book Condition: Neu. 220x150x4 mm. Neuware - The PFME is significantly effective in controlling urinary incontinence. It should be promoted during pregnancy and after delivery to prevent or treat postnatal incontinence, control bowel motions and increased sexual satisfaction. The study was to determine the knowledge, attitude and practice towards PFME among antenatal women in Kelantan, Malaysia. They were given self-administered validated PFME KAP questionnaire. Of 56 respondents, 96.4% were Malay with the mean age of 33 years. The prevalence of UI was 19.6%. The proportion of antenatal mothers with good knowledge score was about 51.8%. Attitude showed the highest proportion with the good score (96.4%), whereas practice was the lowest (10.7%). There was significant positive correlation between knowledge and practice score (p=0.012). So the overall knowledge and practice on PFME were still poor that needs more attention from primary doctors. Our antenatal mothers should be informed and trained properly. Utilizing antenatal classes to introduce simple, easy and cost effective exercise for maintaining pelvic muscle strength is one the easiest way to improve knowledge, and yet give a positive impact on its practice and health outcome. 60 pp. Englisch.



### Reviews

An exceptional pdf and the typeface utilized was fascinating to read through. It can be writter in straightforward words and phrases instead of confusing. I am just quickly could possibly get a delight of looking at a written ebook.

-- Prof. Arlie Bogan

It in a single of the best book. This is for those who statte there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Barney Robel Jr.

#### See Also



#### **Psychologisches Testverfahren**

Reference Series Books LLC Nov 2011, 2011. Taschenbuch. Book Condition: Neu. 249x191x7 mm. This item is printed on demand - Print on Demand Neuware - Quelle: Wikipedia. Seiten: 100. Kapitel: Myers-Briggs-Typindikator, Keirsey Temperament Sorter, DISG, Eignungstest für das Medizinstudium, Adult Attachment Interview,...



#### Programming in

- 0

Ali Cehreli Dez 2015, 2015. Buch. Book Condition: Neu. 264x182x53 mm. This item is printed on demand - Print on Demand Neuware - The main aim of this book is to teach D to readers who are new to computer programming. Although...



## My Brother is

Barron's Educational Series Inc., U.S. Paperback. Book Condition: new. BRAND NEW, My Brother is Autistic, Jennifer Moore-Mallinos, Medical experts are just beginning to understand varying degrees of autism and its impact on both the autistic child and his family. This book describes an...



Write Better Stories and Essays: Topics and Techniques to Improve Writing Skills for Students in Grades 6 - 8: Common Core State Standards Aligned

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Mr. George Smith, a children s book author, has been conducting writing workshops at schools since 2004....



## Have You Locked the Castle Gate?

Addison-Wesley Professional. Softcover. Book Condition: Neu. Gebraucht - Sehr gut Unbenutzt. Schnelle Lieferung, Kartonverpackung. Abzugsfähige Rechnung. Bei Mehrfachbestellung werden die Versandkosten anteilig erstattet. - Is your computer safe Could an intruder sneak in and steal your information, or plant a virus Have...



## The Java Tutorial (3rd Edition)

Pearson Education, 2001. Softcover. Book Condition: Neu. Gebraucht - Sehr gut Unbenutzt. Schnelle Lieferung, Kartonverpackung. Abzugsfähige Rechnung. Bei Mehrfachbestellung werden die Versandkosten anteilig erstattet. - Praise for "The Java' Tutorial, Second Edition" includes: "This book stands above the rest because it has...