

49th World Congress on

ADVANCED NURSING AND NURSING PRACTICE

July 05-06, 2018 Bangkok, Thailand

Effects of WeChat-based care on the adherence to pelvic floor muscles training in puerperal womenRui Hou¹, Jieya Yue² and Hong Lu¹¹Peking University School of Nursing, China²Peking University First Hospital, China

Statement of the Problem: Pelvic Floor Dysfunction (PFD) has greatly affected the quality of life in women. Pelvic Floor Muscle Training (PFMT) during postpartum can reduce the occurrence of PFD effectively, while it is hard for puerperal women to insist on PFMT at home. As one of the important means of digital health interventions, WeChat-based care has advantages in the management of patient outside hospital.

Aim: The purpose of this study is to evaluate the effects of WeChat-based care on the adherence to PFMT and analyze the feasibility of WeChat-based care in puerperal.

Methods: The study is quasi-experimental and used convenience sampling method. According to the inclusion criteria, 186 women who delivered in a hospital in Beijing were assigned to the control group (n=99) or the experimental group (n=85). Both of the two groups received the conventional intervention and the experimental group received the education and supervision about PFMT from WeChat during puerperium. Both of the groups received the final survey and pelvic floor muscle screening 6-8 weeks after delivery.

Findings: 52 participants in control group and 38 in experimental group were lost to follow up. Two groups were similar in age, education, BMI, weight gain during pregnancy, gestational age, birth weight of infant, labor time and the awareness of PFMT in the baseline survey. In the final survey, the awareness of PFMT of experimental group was better than that of the control group ($\chi^2=15.85$, $P<0.001$). During postpartum, there was no significant difference between the two groups in the proportion of participating in PFMT ($P>0.05$). However, the duration of PFMT in experimental group is longer ($Z=-2.34$, $P=0.02$).

Conclusion: The WeChat-based education can improve the awareness of PFMT in postpartum women. The WeChat-based supervision can prolong exercise among postpartum women who have already take PFMT, but cannot promote more women to participant in PFMT during 6-8 weeks.

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