

#281 Kerri Percoco, Casey Caruso, Ilana Forchheimer and Alison Lin

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Quality Assurance Study: Easy Does It Pelvic Health Program

Background: Pelvic floor dysfunction, including urinary incontinence (UI), impacts the lives of millions of individuals in the United States, often limiting their ability to engage in activities of daily living. Objectives: This quality assurance (QA) study investigated the effectiveness of the eight-week Easy Does It Pelvic Health Program devised by Richard Sabel MA, MPH, OTR, GCFP on an adult population of individuals with UI. This program originated from an occupational therapy (OT) perspective and was delivered in a group format once per week. It consisted of gentle exercises in sitting and standing and a discussion component regarding behavioral and environmental strategies. It was hypothesized that this program would reduce symptoms of urinary leakage and improve quality of life for participants. Methods: This QA study recruited 12 participants of the program with UI. Participants were given the King's Health Questionnaire (KHQ) as a pretest and posttest assessment to evaluate their symptoms and impact of UI on quality of life. Participants made two Personal Activity Selections (PAS) that were rated based on their performance and satisfaction before and after the program. Participants also completed a Weekly Check-In after each session consisting of Likert scale questions. Data from the KHQ, PAS, and Weekly Check-Ins were analyzed using descriptive statistics and graphical interpretations. Results: From pretest to posttest, participants showed improvement on the KHQ as evidenced by a decrease in average overall score. Participants showed improvement in their performance and satisfaction ratings for their PAS. Trends indicating decreased pain and amount of leakage were observed across Weekly Check-Ins. Conclusions: These results support the Easy Does It Pelvic Health Program in improving symptoms of UI and quality of life. This study also provides support for the future implementation of OT-led group programs related to enhancing pelvic health and reducing UI.

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