

### **Easy-Does-It Occupational Therapy Pelvic Health Program**

Pelvic floor dysfunction is a common condition caused by an interruption to the control of the pelvic muscles (Grimes & Stratton, 2021). One of the predominant symptoms associated with the condition is urinary incontinence, a loss of bladder control (Cleveland Clinic, 2020a; Grimes & Stratton, 2021). Urinary incontinence is a growing epidemic, affecting 21 percent of men (Clemens, 2019) and 50 percent of women (Lukacz, 2020), aged 65 and older, although it could affect individuals at any age. This quality assurance study was conducted by occupational therapy students from SUNY Downstate Health Sciences University to evaluate the efficacy of the “Easy Does It Occupational Therapy Pelvic Health Program.” Easy-Does-It was an eight-week pelvic health program, with urinary incontinence interventions that combined physical, behavioral, and environmental factors. Participants included 10 community-dwelling older adults, who enrolled in the Karpas Health Information Center’s Easy-Does-It Occupational Therapy Pelvic Health Program. This research study utilized the King Health Questionnaire and a Personal Activity Selection Survey, which participants filled out pre-and post-intervention. Both assessments used Likert scale questions to evaluate the impact of urinary incontinence on quality of life. Additionally, post-session questionnaires were completed after each week to gauge real-time changes in incontinence and pelvic pain. After collection, the data were analyzed using descriptive statistics such as measures of central tendency, variability, and frequency. The results suggest that a group-based holistic intervention might be more beneficial for adults suffering from urinary incontinence.