

# ALI SE ZAVEDAMO POMENA VAJ ZA KREPITEV MIŠIC MEDENIČNEGA DNA?

## AWARENESS OF PELVIC FLOOR MUSCLE EXERCISES?

*Darija Ščepanović, Sonja Hlebš*

Visoka šola za zdravstvo, Oddelek za fizioterapijo, Poljanska c. 26a, 1000 Ljubljana

**Ključne besede:** urinska inkontinenca; zavedanje; vaje za mišice medeničnega dna; srednješolski mladostniki

**Izvleček** – Izhodišča. Urinska inkontinenca vpliva na kakovost življenja posameznika in predstavlja veliko finančno breme za zdravstveni sistem. Za preprečevanje in zdravljenje se priporočajo vaje za krepitev mišic medeničnega dna. Izsledki dosedanjih raziskav so pokazali, da se populacija žensk pomena vaj za mišice medeničnega dna premalo zaveda. Namen raziskave je bil ugotoviti, koliko se zavedajo pomena in ali poznajo vaje za krepitev mišic medeničnega dna slovenski srednješolski mladostniki.

**Metode.** K sodelovanju so bili povabljeni slovenski srednješolski mladostniki, ki so bili februarja 2002 na informativnem dnevu Visoke šole za zdravstvo v Ljubljani na oddelku za fizioterapijo. Navzočih je bilo 107 mladostnikov. Anketirani so odgovarjali na vprašanja o poznavanju vaj za mišice medeničnega dna, viru informacij o vajah za mišice medeničnega dna in o primernosti izvajanja vaj v določenem starostnem obdobju. Uporabljena je bila metoda neposrednega zbiranja podatkov s pomočjo vprašalnika. Podatki so bili analizirani z Excelovimi statističnimi orodji. Uporabljene so bile deskriptivne statistične metode, za izračun razlik je bil uporabljen  $\chi^2$  test.

**Rezultati.** Na vprašalnik je odgovorilo 107 mladostnikov. Analiziranih je bilo 99 vprašalnikov, ki jih je izpolnilo 76 žensk (77%) in 23 moških (23%), starih  $18,5 \pm 0,95$  leta. Triindvajset anketiranih (23%) je obiskovalo gimnazijo, 38 (38%) srednjo zdravstveno šolo, 34 (34%) drugo štiriletno srednjo šolo in 4 (4%) poklicno šolo. Za vaje za mišice medeničnega dna je od vseh anketiranih slišalo 55 mladostnikov (56%) obeh spolov. Analiza rezultatov je pokazala statistično značilno razliko ( $p < 0,0001$ ) med anketiranimi s srednjih zdravstvenih in tistimi z drugih srednjih šol. Petintrideset anketiranih (92%) s srednjih zdravstvenih šol je za vaje za mišice medeničnega dna slišalo, 14 gimnazijcev (61%) in 25 mladostnikov (73,5%) z drugih srednjih šol ter 2 mladostnika (50%) s poklicnih šol pa za te vaje še ni slišalo. Od tistih, ki so za vaje za mišice medeničnega dna že slišali, jih je 41 (74,5%) zvedelo zanje od zdravstvenih delavcev, 21 (38%) je o njih izvedelo iz revij, brošur ali knjig, 9 (16%) od staršev ali drugih članov družine in 5 (9%) pri športni vzgoji, aerobiki ali telovadbi zunaj šole. Od 55 mladostnikov (56%), ki so za vaje že slišali, jih je 32 (58%) odgovorilo, da vedo, kako se jih izvaja, vendar jih je le 14 (25%) zadovoljivo opisalo. Osemindvajset mladostnikov (51%) je menilo, da je izvajanje vaj potrebno samo za ženske, 25 (45,5%) pa jih je odgovorilo, da je izvajanje vaj potrebno za moške in ženske. Večina anketiranih (32 mladostnikov – 58%) je menila, da je vaje treba začeti izvajati v starosti od 20 do 40 let.

**Key words:** urinary incontinence; awareness; pelvic floor muscle exercises; secondary school leavers

**Abstract** – Background. Introduction: Urinary incontinence has financial implications for healthcare, and the considerable impact on person's quality of life. Pelvic floor muscle exercises are widely recommended as means of preventing and treating urinary incontinence but the pelvic floor muscle exercises awareness within population is low. The purpose of the present study was to determine the awareness of pelvic floor muscle exercises in Slovenian secondary school leavers.

**Methods.** During the University College for Health Studies day in February 2002, Slovenian secondary school leavers, visitors to the Physiotherapy Department were asked to complete anonymous questionnaire involving a pelvic floor muscle exercises awareness evaluation. One hundred and seven secondary school leavers were presented. The Excel program was used for the data entry. Descriptive statistics and  $\chi^2$  test were done as appropriate.

**Results.** Out of 107 completed forms, 99 were used for analyses. Of these, 76 (77%) were completed by females and 23 (23%) by males aged  $18 \pm 0,95$  years. Twentythree (23%) secondary school leavers attended grammar school, 38 (38%) secondary medical school, 34 (34%) other secondary school and 4 (4%) vocational school. The percentage of the sample group who reported that they heard of pelvic floor muscle exercises was 56% (55 subjects). There was a statistical significant difference ( $p < 0,0001$ ) between the secondary medical school leavers and other school leavers who reported that they heard of pelvic floor muscle exercises; 35 subjects (92%) who attended secondary medical schools had heard of pelvic floor muscle exercises, 14 subjects (61%) who attended grammar school, 25 subjects (73,5%) who attended other secondary schools and 2 subjects (50%) who attended vocational schools reported that they had not. The sources of information from which subjects reported that they heard of term pelvic floor muscle exercises were a member of the medical profession (41 subjects – 74,5%), magazine/book/leaflet (21 subjects – 38%), a parent/family member (9 subjects – 16%) and physical education in school/aerobic classes (5 subjects – 9%). The 55 subjects (56%) who had heard of pelvic floor muscle exercises 32 subjects (58%) reported to know what pelvic floor muscle exercises were, but only 14 subjects (25%) defined the exercise suitable. Out of the 55 subjects who had heard of pelvic floor muscle exercises 28 subjects (51%) felt that exercises would be beneficial to perform only for women, 25 subjects (45,5%) felt that it would be beneficial for both sexes and 23 subjects (58%) thought that exercises should be started between 20 and 40 years of age.

*Zaključki. Rezultati so pokazali, da se pomena vaj za mišice medeničnega dna v anketiranem vzorcu slovenskih srednješolskih mladostnikov pomanjkljivo zaveda. To velja zlasti za mladostnike, ki so obiskovali splošne in nezdravstvene srednješolske poklicne programe. Fizioterapevti bi lahko s predavanji ali učnimi delavnicami prispevali k uveljavljanju vaj za krepitev mišic medeničnega dna med mladostniki.*

*Conclusions. We concluded that there is a lack of awareness of the pelvic floor muscle exercises within the Slovenian secondary school leavers, especially amongst those who attended grammar school or vocational school or other vocational school. This study emphasises the importance of promotion and education of pelvic floor muscle exercises among young people. Physiotherapists could play a key role in order to raise awareness of pelvic floor muscle exercises.*