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## **Effect of exercise and self-care guidelines on relieving urinary incontinence among women in Beni-Suef-University Hospital**

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**Aim:** The aim of the present study was to evaluate effect of exercise and self-care guidelines on relieving urinary incontinence among women in Beni-Suef.

**Methods:** Design was intervention study. Sampling was purposive sample included 100 women attended at gynecological outpatient clinic of Ben-Suef University Hospital. Data collection tool consisted of an interviewing questionnaire sheet covering socio-demographic data, knowledge assessment, and exercise scale and self-care guideline regarding preventive measure urinary incontinence.

**Results:** The results revealed that there was a lack of information regarding urinary incontinence in about 92% of study sample. The majority of women couldn't make proper self-care for relieving urinary incontinence before intervention in comparison (97%) gain knowledge and made proper self-care regarding Urinary Incontinence after intervention.

**Conclusion:** The women's knowledge and practices of self-care guideline regarding preventive measures of symptoms of urinary incontinence has marked positive effect on relieving it after utilization of self-care guideline carefully.

**Recommendation:** Apply the same study on large sample in other setting to distribute awareness guideline regarding preventive measure of Urinary Incontinence.

### **Biography**

Amal Roshdi Ahmed has completed her PhD from Benha University on Maternal & Neonatal Health Nursing. She is the Manager of Information Technology unit and Quality Management unit at the Faculty of Nursing –Beni-Suef University.

Mohamed Ibrahim has PhD in Sport Psychology from Helwan University, lecturer of Psychology at pharmacy & Nursing faculties. He is the manager of quality management unit of Faculty of Physical Education, Beni-suef University.

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