INPLASY PROTOCOL

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Review Stage at time of this submission: Completed but not published.

Conflicts of interest:
None declared.

Meta-analysis of the effects of pelvic floor muscle training during pregnancy to prevent or treat incontinence

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Review question / Objective: P：incontinence；I:prenatal pelvic floor muscle training; C:routine care; O:Incidence of incontinence; S:Randomized controlled trial.

Condition being studied: Urinary incontinence is a very common disease in women after pregnancy or childbirth. About 30% of pregnant women experience varying degrees of UI and about 10% of pregnant women are accompanied by FI. When pregnant women suffer from incontinence uncontrollably regardless of occasions, they often feel depressed, their self-esteem is frustrated, and if things go on like this, they may even show a tendency to depression, which seriously affects the quality of life of pregnant women. Therefore, this study used Meta analysis to evaluate the effects of PFMT intervention during pregnancy to prevent or treat urinary incontinence, in order to provide a new basis for prenatal PFMT as an intervention to prevent or treat urinary incontinence, and make new contributions to improving the quality of life of pregnant women.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 12 November 2021 and was last updated on 12 November 2021 (registration number INPLASY2021110039).

INTRODUCTION

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occasions, they often feel depressed, their self-esteem is frustrated, and if things go on like this, they may even show a tendency to depression, which seriously affects the quality of life of pregnant women. Therefore, this study used Meta analysis to evaluate the effects of PFMT intervention during pregnancy to prevent or treat urinary incontinence, in order to provide a new basis for prenatal PFMT as an intervention to prevent or treat urinary incontinence, and make new contributions to improving the quality of life of pregnant women.

METHODS

Participant or population: The included subjects excluded pelvic surgery history or comorbidities affecting outcome indicators such as urinary system disease, kidney disease or long-term constipation.

Intervention: Prenatal pelvic floor muscle training.

Comparator: Routine care.

Study designs to be included: Randomized controlled trials.

Eligibility criteria: 1. Research objects: The included objects exclude the history of pelvic surgery or the comorbidities that affect the outcome indicators, such as urinary system disease, kidney disease or long-term constipation.2. Research type: Randomized controlled trial (RCT), the language type is Chinese and English.3. Intervention measures: PFMT was performed before delivery in the intervention group, and routine care in the control group.4. Outcome indicators: the incidence of incontinence.

Information sources: Search database: Pubmed, The Cochrane Library, Embase, Web of Science, Cinahl, Ovid, Medline, CBM, CNKI, VIP, Wanfang.

Main outcome(s): Incidence of incontinence.

Quality assessment / Risk of bias analysis: Using the Cochrane Quality Evaluation Manual, the quality evaluation content can be summarized into the following 7 aspects: random sequence generation; allocation hiding; blinding the subjects; blinding the outcome measurers; completeness of the outcome data; Selective outcome report; Other biases.

Strategy of data synthesis: Use Review Manager5.4 to perform statistical analysis and processing on the obtained data.

Subgroup analysis: Perform subgroup analysis based on different types of research objects.

Sensitivity analysis: If the analysis results show significant heterogeneity, one by one will be excluded for sensitive analysis.

Language: Chinese and English.

Country(ies) involved: China.

Keywords: Pregnancy, pelvic floor muscle training, fecal incontinence, urinary incontinence, Meta analysis.

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