

**Title:** Effect of mobile app-based pelvic floor muscle training on treatment of stress urinary incontinence in primiparas: a randomized controlled trial

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Stress urinary incontinence (SUI) is common and is strongly related to pregnancy and childbirth. Pelvic floor muscle training (PFMT) is recommended as the first line conservative treatment for SUI. However, there is no consensus on how PFMT should be best performed. The study aims to evaluate the effects of mobile app-based PFMT for primigravid women with SUI in comparison to conventional PFMT. Participants were recruited in the obstetric clinic of a tertiary maternity hospital in Hangzhou, a provincial capital in eastern China, from January to April 2018. Participants were randomly assigned to intervention group (n=54) receiving mobile app-based PFMT with a systematic audio guidance or control group (n=54) receiving conventional PFMT and 98 participants completed the follow-up study. SUI symptoms, sexual function and adherence to PFMT were assessed using standardized questionnaires and pelvic floor training diary and pelvic floor muscle strength was measured by pelvic floor electromyography from baseline to 6 months after delivery. Bladder neck mobility was evaluated by perineal ultrasound at 6 to 8 weeks. App group reported significant reduction in SUI symptom score and improvement in pelvic floor electromyography ($p<0.001$) and better sexual function (22.2 vs. 17.3, $p<0.05$) compared with control group at 6 months. Ultrasound showed significant difference in bladder neck mobility between app group and control group (16.3 vs. 19.5, $P<0.05$). Besides, app group showed better adherence with higher training intensity and higher self-efficacy. The mobile app-based PFMT is a more effective treatment alternative with better adherence.

**Biography**

Xiaojuan Wang, a PhD candidate in Zhejiang University, has published 3 papers in reputed journals during her master's degree.

Xuefen Xu, a postgraduate in Zhejiang University, has published 3 papers in reputed journals during her master's degree.

Hongyan Wang has got her master degree from Zhejiang University. She has published 4 papers in reputed journals.

Suwen Feng, the corresponding author, is the director in nursing of a tertiary maternity hospital and the vice-chairwoman of gynecological nursing committee in China. She has published more than 20 papers in reputed journals and has been an editorial board member of several reputed magazines.

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Session name/ number: No
Category: (Oral presentation/ Poster presentation) Oral presentation