督导盆底康复训练治疗产后盆腔器官脱垂观察

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【摘 要】：目的： 方法： 2020 9 -2022 8
n=48 24
结果： 4.91 ± 0.13 4.02 ± 0.42
P 0.05 100.0% 75.0% P 0.05 FSFI
18.95 ± 3.01 14.96 ± 2.95 P 0.05
100.0% 70.83% P 0.05 结论：

【关键词】：

Supervise the pelvic floor rehabilitation training to treat the postpartum pelvic organ prolapse observation

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Abstract: Objective: To analyze the value of supervising pelvic floor rehabilitation training for postpartum pelvic organ prolapse. Methods: For patients with postpartum pelvic organ prolapse (n=48) from September 2020 to August 2022,24 people were each in the control group. The former took the supervision of pelvic floor rehabilitation training, and the latter went home to do pelvic floor rehabilitation function training. Contrast the pelvic floor muscle strength and other indicators. Results: Regarding the pelvic floor muscle strength, at the end of the treatment: the trial group data (4.91 ± 0.13) score was higher than the control group data (4.02 ± 0.42) score (P <0.05). On the total response rate: 100.0%, higher than 75.0% in the control group (P <0.05). For the FSFI score, at the end of the treatment: the test group data (18.95 ± 3.01) score was higher than the control group data (14.96 ± 2.95) score (P <0.05). Regarding the efficacy satisfaction, the trial group data was 100.0%, which was higher than the 70.83% data in the control group (P <0.05). Conclusion: Postpartum pelvic organ prolapse is supervised pelvic floor rehabilitation training, with definite curative effect, more obvious improvement of pelvic floor muscle strength, faster improvement of sexual function, and higher satisfaction with curative effect.

Keywords: Postpartum pelvic organ prolapse; Value; Supervised pelvic floor rehabilitation training; Pelvic floor muscle strength

1 资料与方法

[1]

1.1

2020 9 -2022 8

48 2 24 21-38

30.25 ± 3.14 46-81kg

[2]

56.34 ± 7.25 kg 1-3 1.59

± 0.48 24 21-37

[3]

30.01 ± 3.56 47-82kg 56.87 ±

48 7.41 kg 1-3 1.67 ± 0.52

2020 9 -2022 8 1 2 3

4

[4] 1 2 3

4 5 6
7 8 9
10 11 12
13 2 P 0.05

1.2

1

20min/ 2

10min/

2 3

1.3 [5]

1 Oxford 2 /
5

2

+ /n*100%

3 FSFI 2 /
36

4 2 0-75
76-90 91-100 +
/n*100%

1.4

SPSS23.0 t
$\overline{x} \pm s$ χ^2
[n %] P 0.05

2 结果

2.1

2.89 ± 0.65 2.93 ± 0.69 2
t=0.2549 P 0.05
4.91 ± 0.13 4.02
± 0.42 t=3.8253
P 0.05

2.2

100.0%
75.0% P 0.05 1

1 [n %]

	24	0 0.0	7 29.17	17 70.83	100.0
	24	6 25.0	11 45.83	7 29.17	75.0
X^2					6.5231
P					0.0315

2.3

FSFI 9.87 ± 2.51
9.65 ± 2.13 2
t=0.2879 P 0.05
18.95 ± 3.01 14.96 ± 2.95
t=6.8914 P 0.05

2.4

0 8
16 100.0% 24/24
7 12 5 70.83% 17/24
X^2=7.0249 P 0.05

3 讨论

[6]

[7]

[8]

[9]

[10]

45

45

97.78% 44/45

73.33% 33/45

P 0.05

P 0.05 FSFI

P 0.05

P 0.05

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