



**FACULTY OF CLINICAL SCIENCES**  
**COLLEGE OF MEDICINE, UNIVERSITY OF LAGOS**



# **13<sup>th</sup> Annual Scientific Conference & Gathering**

## **THEME**

**Environmental Virology,  
Exposomics and Epigenetics**

## **VENUE**

Old Great Hall, College of Medicine,  
University of Lagos, Idi Araba,  
Lagos State

## **DATE**

**WEDNESDAY 8<sup>TH</sup> JUNE 2016**

## **TIME**

**8.00 am - 5.00pm**

**• PROGRAMME & BOOK OF ABSTRACTS •**

# **PROGRAMME & BOOK OF ABSTRACTS**

FACULTY OF CLINICAL SCIENCES,  
COLLEGE OF MEDICINE, UNIVERSITY OF LAGOS

## **13th Annual Scientific Conference and Gathering**

*THEME*

**Environmental Virology, Exposomics and Epigenetics**

*SUBTHEMES*

**Non-communicable diseases: environmental and genetic influences  
Public health financing and resource limitation**

*CHAIRMAN*

**Professor Rahamon A. Bello**

Vice Chancellor, University of Lagos

*SPECIAL GUEST OF HONOUR*

**Dr. Olajide Idris**

Honourable Commissioner for Health, Lagos State

*GUEST SPEAKER*

**Professor Sunday Aremu Omilabu**

Professor of Virology

College of Medicine, University of Lagos

**VENUE**

Old Great Hall, College of Medicine, University of Lagos, Idi Araba

**DATE:** Wednesday June 8<sup>th</sup> 2016    **TIME:** 8:00 am – 5:00 pm

**Conference website**

[www.cmulfcsconference.com](http://www.cmulfcsconference.com)



# IMPROVING PSYCHOSOCIAL WELLBEING, QUALITY OF LIFE AND PRODUCTIVITY IN WOMEN WITH POST-PARTUM URINARY INCONTINENCE: A CLINICAL CONTROLLED TRIAL

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**Background and Objectives:** Post-partum urinary incontinence (PPUI) impacts negatively on all aspects of quality of life (QoL), psychosocial wellbeing and often results in decrease productivity in women. Aim: To investigate and compare the efficacy of two Physiotherapy protocols in improving pelvic floor muscles' strength, psychosocial wellbeing, societal integration, QoL and productivity in women with PPUI.

**Methods:** This study involved 25 participants recruited from the Obstetrics and Gynaecology outpatient clinic of Lagos University Teaching Hospital. The participants were assigned into Pilate exercise and Gluteal muscle strengthening protocol groups. Participants in each group participated in a 6-week intervention performed according to standard protocol. The Urinary Incontinence Quality of life Instrument and the Urinary Incontinence assessed were used to assess their QoL, Psychosocial wellbeing at baseline, 3-week and 6-week. The variables were compared using Independent t-test and Mann-Whitney-U test.

**Results:** The psychological domain scores and the QoL scores of the participants were below average at baseline, increased a little above average at 3 weeks of intervention and at a very good level at 6 week of intervention. The two protocols significantly improved the pelvic floor muscles' strength, psychosocial wellbeing, QoL societal participation and productivity of the participants at every phase of the study but the Pilate exercise was clinically more effective.

**Conclusions:** Post-partum urinary incontinence is common among women and impacts negatively on the psychological well-being, QoL, societal participation and productivity of women. Prompt and adequate physiotherapy approaches are effective restoring all aspects of QoL, psychosocial wellbeing, social integration and productivity in women with PPUI.

**Keywords:** post-partum urinary incontinence, quality of life, physiotherapy

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