



A Qualitative Exploration of a Biofeedback Intervention for Postpartum Urinary Incontinence in Abuja's Urban Clinics

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Abstract

Postpartum urinary incontinence is a common condition that significantly affects women's health and quality of life in Nigeria. Access to non-pharmacological interventions like pelvic floor muscle training remains limited in urban clinical settings. The application and perceived value of biofeedback-assisted training within the Nigerian postpartum context are not well documented. This study qualitatively explored the experiences and perceived efficacy of a biofeedback-based intervention for improving pelvic floor muscle control and urinary incontinence among postpartum women in urban Abuja clinics. A qualitative descriptive design was employed. Using purposive sampling, 18 postpartum women with urinary incontinence who completed a clinician-guided, biofeedback-assisted pelvic floor muscle training programme at two urban clinics were recruited. Data were collected through in-depth, semi-structured interviews and analysed using reflexive thematic analysis. Three primary themes were constructed. First, participants described enhanced bodily awareness and perceived control over their pelvic floor muscles, with visual feedback highlighted as crucial for building exercise confidence. Second, the intervention was perceived to reduce incontinence episodes, with most reporting a decrease in leakage frequency and severity. Third, contextual barriers, such as time constraints and travel costs to the clinic, were identified as challenges to programme adherence. Participants perceived the biofeedback intervention as an effective and acceptable method for improving pelvic floor muscle control and managing postpartum urinary incontinence in this setting. It fostered greater body awareness and provided a tangible tool for self-management. Clinical practice should consider integrating biofeedback-assisted pelvic floor muscle training into postnatal care pathways in urban Nigerian clinics. Further research should investigate sustainable delivery models, including potentially shorter or technology-assisted protocols, to mitigate access barriers. urinary incontinence, postpartum, biofeedback, pelvic floor muscle training, qualitative research, Nigeria This study contributes African occupational therapy research with insights into the perceived acceptability and contextual challenges of a biofeedback intervention for postpartum urinary incontinence in an urban Nigerian setting, informing future clinical practice and research.

Keywords: *postpartum urinary incontinence, biofeedback, pelvic floor muscle training, qualitative exploration, sub-Saharan Africa, thematic analysis, women's health*

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