



The Effect of Pelvic Floor Muscle Exercise on Female Sexual Function During Pregnancy and Postpartum: A Systematic Review

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Abstract: Pelvic floor muscle exercise (PFME) is recommended as a first-line treatment for urinary incontinence. However, a review of the literature suggests the effect of PFME on sexual function (SF), particularly during pregnancy and the postpartum period, is understudied.

To assess the effect of PFME on SF during pregnancy and the postpartum period.

The following databases were searched: CINAHL (EBSCOhost), Health Collection (Informit), PubMed (National Center for Biotechnology Information), Embase (Ovid), MEDLINE, Cochrane, HealthSource, Scopus, Wiley, Health & Medical Complete (ProQuest), Joanna Briggs Institute, and Google Scholar. Results from published randomized controlled

Biography- Sahar Sadat Sobhghol working as a professor in School of Nursing and Midwifery, Western Sydney University, Penrith, NSW, Australia.



6. Publication of speakers:

1. The Effect of Pelvic Floor Muscle Exercise on Female Sexual Function During Pregnancy and Postpartum: A Systematic Review.
2. Evaluation of the effect of an antenatal pelvic floor muscle exercise programme on female sexual function during pregnancy and the first 3 months following birth: study protocol for a pragmatic randomised controlled trial.
3. The effect of antenatal pelvic floor muscle exercises on labour and birth outcomes: a systematic review and meta-analysis.
4. Related factors of urge, stress, mixed urinary incontinence and overactive bladder in reproductive age women in Tabriz, Iran: a cross-sectional study.
5. Rate and related factors of dyspareunia in reproductive age women: a cross-sectional study.

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