

Group-based PFMT compared to usual care for preventing or treating UI in pregnant or postpartum women

Bibliography: . PFMT for UI in pregnant or postpartum women. Cochrane Database of Systematic Reviews [Year], Issue [Issue].

| Certainty assessment | | | | | | | Summary of findings | | | | |
|----------------------------------|--------------|---------------|--------------|-------------|------------------|-------------------------------|-----------------------|-----------------------|--------------------------|------------------------------|---------------------------------------|
| Participants (studies) Follow up | Risk of bias | Inconsistency | Indirectness | Imprecision | Publication bias | Overall certainty of evidence | Study event rates (%) | | Relative effect (95% CI) | Anticipated absolute effects | |
| | | | | | | | With usual care | With group-based PFMT | | Risk with usual care | Risk difference with group-based PFMT |

self-reported UI (follow up: range 36 weeks to 6 months; assessed with: participant numbers)

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|------------------|----------------------|-------------|-------------|----------------------|------|-------------|--------------------|--------------------|----------------------------------|---------------|--|
| 1569 (4 RCTs) | serious ^a | not serious | not serious | serious ^b | none | ⊕⊕○○ LOW | 343/812 (42.2%) | 210/757 (27.7%) | RR 0.67 (0.58 to 0.77) | 422 per 1,000 | 139 fewer per 1,000 (from 177 fewer to 97 fewer) |
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self-reported UI during pregnancy period (follow up: range 36 weeks to 38 weeks; assessed with: participant numbers)

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| 820 (4 RCTs) | serious ^a | not serious | not serious | serious ^b | none | ⊕⊕○○ LOW | 219/429 (51.0%) | 133/391 (34.0%) | RR 0.67 (0.57 to 0.80) | 510 per 1,000 | 168 fewer per 1,000 (from 220 fewer to 102 fewer) |
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self-reported UI during the postpartum period (follow up: range 3 months to 6 months; assessed with: participant numbers)

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| 749 (3 RCTs) | serious ^a | not serious | not serious | serious ^b | none | ⊕⊕○○ LOW | 124/383 (32.4%) | 77/366 (21.0%) | RR 0.66 (0.52 to 0.84) | 324 per 1,000 | 110 fewer per 1,000 (from 155 fewer to 52 fewer) |
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CI: Confidence interval; RR: Risk ratio

Explanations

- a. Unclear allocation concealment and blinding of outcome assessors
- b. Insufficient sample size