

health from the beginning of the gestational period to the postpartum. The obstetric physiotherapist acts by guiding and preparing the woman to perceive and understand her responsibility in the process through specific guidelines and training ranging from regular physical activity to specific preparation for vaginal childbirth. Among the methods can be cited muscle training of the pelvic floor (TMAP), perineal massage and EPI-NO® training.

**Objective:** To evaluate the knowledge of pregnant women about physical therapy performance in the preparation of women for labor.

**Methods:** It is characterized as an exploratory, transverse, quantitative research, based on the application of an online questionnaire composed of 23 questions, two of numerical filling and the rest of the multiple choice elaborated in order to evaluate the degree of knowledge Pregnant women about the physiology of vaginal delivery, their rights at this time and about the performance of physical therapy in the gestational period and childbirth. Pregnant women over 18 years old were included with internet access. A questionnaire composed of 23 questions was prepared, with the objective of evaluating the degree of knowledge of pregnant women regarding the physiology of vaginal childbirth, their rights at this time and about the performance of physiotherapy in the gestational period and childbirth.

**Results:** The responses of 285 pregnant women ( $29.7 \pm 5.4$  years;  $25.8 \pm 10.5$  weeks gestational) were analyzed. Of these, 69.5% ( $n = 198$ ) declared to be aware of physiotherapeutic intervention for pelvic floor muscles and 95.1% ( $n = 271$ ) said this preparation can help during labor. On the other hand, 43.9% ( $n = 125$ ) declared the absence of knowledge about the physiotherapist's performance during labor. Among the research participants were observed a greater preference for vaginal delivery (77.9%) compared to caesarean section (22.1%). The most specific preparation techniques for vaginal childbirth, perineal massage and epi-nodes represent the largest percentage of pregnant women who opted for a natural delivery, 42.9% and 56.3%. When the answers were stratified by the preference of delivery, less knowledge was observed about the techniques for perineal preparation for childbirth and physical therapy performance during labor in those who declared a preference for cesarean section.

**Conclusion:** It is concluded that there is ignorance of part of pregnant women regarding the performance of the physiotherapist during the gestational period and childbirth, and that this ignorance is superior to those with a preference for caesarean section. In addition, it is important to emphasize that the information should not be passed only through the physical therapist, but from the entire health team.

**Implications:** This directly implies the provision of information for this audience that seems to be lacking in information on the subject. It is of paramount importance to expand the dissemination of the performance of the physiotherapist during prenatal care, childbirth, especially among women with a preference for caesarean section, as the possibility of physiotherapeutic intervention can change the choice of childbirth.

**Keywords:** Childbirth, Obstetrics, Physiotherapy

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## PREVALENCE OF URINARY INCONTINENCE SYMPTOMS IN WOMEN IN THE CLEANING TEAM OF A HIGHER EDUCATION INSTITUTION

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**Background:** According to the International Continence Society (ICS), urinary incontinence (UI) is understood as any involuntary loss of urine through the urethra. It is a public health problem of multifactorial origin, which affects the world population, of all ages, regardless of socioeconomic and cultural situation. UI affects both sexes, but is more prevalent in females, affecting up to 50% of this population at any stage of life, impacting quality of life.

**Objectives:** to analyze the prevalence of symptoms associated with urinary incontinence in women from the cleaning team at Centro Universitário Dr. Lion Sampaio.

**Methods:** Observational cross-sectional study with descriptive analysis. Data were obtained through the Brazilian version of the International Consultation on Incontinence Questionnaire – Short Form (ICIQ-SF) and the International Consultation on Incontinence Questionnaire Overactive Bladder (ICIQ-OAB), tabulated in the EXCEL statistical program and analyzed using descriptive statistics: absolute frequency, relative frequency, minimum and maximum values, mean and standard deviation.

**Results:** 12 women with an average age of 39.5 years participated in the study. There was a prevalence of UI symptoms of 16.6% in the women participating in the study, and the prevalence of stress urinary incontinence was 16.6% in these women, who reported urinary loss once a week or less, usually occurring on coughing and/or sneezing efforts. Of the volunteers participating in the research, 91.6% had some symptom related to an overactive bladder.

**Conclusion:** It was possible to observe the presence of symptoms of involuntary loss of urine, with characteristic symptoms of stress urinary incontinence among the women participating in the research. It was found that some of these women also had symptoms related to overactive bladder, and that symptoms related to UI and OAB negatively impact the quality of life of these women.

**Implications:** The lack of knowledge on the part of women about the symptoms of UI and OAB, as well as the role of physiotherapy in women's health, directly affects the quality of life of these women, impacting their social relationships.

**Keywords:** Urinary Incontinence, Overactive Bladder, Women's Health

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