

# **Pelvic, Obstetric and Gynaecological Physiotherapy**

## **Understanding pelvic organ prolapse – assessment and conservative management**

17 March 2018

King Edward VII Hospital, 5-10 Beaumont Street,  
Marylebone, London W1G 6AA

**£125 POGP member/affiliate  
£160 non-member**

This POGP study day provides participants with the opportunity to better understand pelvic organ prolapse. It has been developed for Registered Physiotherapists who wish to deepen their understanding and improve their management of women with pelvic organ prolapse. As the study day includes no practical sessions it will be of most value to those who have already received training for vaginal examination and who are looking to develop further knowledge in the speciality. It is not suitable for students.

The study day includes: relevant anatomy and physiology; the components of subjective and objective assessment; review of the current research and evidence for treatment; theory of conservative management and surgical treatment options and professional considerations. Please note: there are no practical sessions on this course.

### **Programme objectives**

1. To provide evidence based information on the epidemiology, presentation and symptomology of pelvic organ prolapse (POP).
2. To provide evidence based information on the assessment and treatment options for POP, including an effective programme of physiotherapy management.

### **Learning outcomes**

On completion of the workshop the participants should:

- understand the anatomical changes related to pelvic organ prolapse (POP), the classification of POP and the relationship to symptomology
- understand the prevalence, causes and symptoms relating to POP and the impact on quality of life
- be able to undertake a subjective and understand the components of an objective assessment of POP
- be able to deliver an appropriate conservative management programme including pelvic floor muscle exercise and training
- understand the role of pessaries in a conservative management programme
- have up to date knowledge on the role of surgery in POP
- be able to choose and use valid outcome measures in POP
- be aware of and conform to professional standards in relation to the assessment of women with pelvic floor dysfunction
- be able to identify what physiotherapy service is required for women with POP

POGP is the CSP-recognised Professional Network for Physiotherapists interested  
in Women's & Men's Health

## Pre-workshop learning

**If you practice in the UK it is recommended that you familiarise yourself with the following document prior to the workshop:**

- PD092 Pelvic floor examination – CSP expectations 2012

Whilst this study day does not include any practical teaching it is important that you are familiar with this document, which was included in the pre-course learning for the POGP 'Physiotherapy assessment and management of female urinary dysfunction' programme.

**For those participants who have not previously attended the 'Physiotherapy assessment and management of female urinary dysfunction' programme** it is recommended that you review the anatomy of the pelvic floor – the endopelvic fascia, levator ani, perineal membrane, external superficial muscles, external anal sphincter and associated pelvic muscles (eg obturator internus & piriformis).

You may find it helpful to view diagrams to demonstrate the layers, especially regarding the muscles that you are able to palpate. If you have an Athens password you may be able to access [www.anatomy.tv](http://www.anatomy.tv) or you may find the following YouTube link helpful:

<http://www.youtube.com/watch?v=P3BBAMWm2Eo>

The following book will be helpful as further pre-workshop learning:

- Laycock J., Haslam J. (eds) (2008) Therapeutic Management of Incontinence and Pelvic Pain (2nd Ed). Springer, London.  
Suggested chapters: patient assessment and pelvic organ prolapse

## POGP study day programme (one day theoretical content)

- 8.30 Registration
- 9.00 Welcome and introduction
- 9.15 Pelvic organ prolapse (POP) overview
- 10.00 Anatomy: relating structure to function
- 10.30 Coffee
- 10.45 POP assessment: research and clinical
- 12.00 Professional issues  
Pelvic floor muscle assessment and training
- 12.30 Lunch
- 1.15 Conservative management: symptom management bladder; bowel; sex.  
Pessaries  
Case studies  
Frequently asked questions
- 3.25 Coffee
- 3.40 Surgical treatment
- 4.00 Options for service provision
- 4.15 Discussion and evaluation
- 4.45 Close

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**Application form**

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**£125 POGP member/affiliate**  
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Name:

HCPC number:

Address:

E-mail:

Contact telephone number:

POGP member/affiliate/non-member (please indicate)

Do you have any dietary/special requirements?

If YES, please give details (eg vegetarian, vegan, gluten free)

**NB: lunch is at your own expense – this information is required for breaks only**

Do you have any mobility, hearing or visual impairments or other needs which mean you would like additional assistance?

If YES, please give details

Please send your completed application form and your cheque **made payable to POGP** to:  
**POGP course administration, PO Box 1291, Lincoln, LN5 5RA**

Applicants preferring to pay by direct bank transfer should submit their application form to the address above, an invoice will then be issued which will include the relevant bank account details. Alternatively applications can be emailed to [pogpcourses@yahoo.com](mailto:pogpcourses@yahoo.com)

Cancellation Policy: Where a place on a workshop has been confirmed a 90% refund will be given for cancellation up to 4 weeks before the workshop, a 50% refund will be given for cancellation up to 2 weeks before the workshop. No refund will be given for a cancellation within 2 weeks of the workshop.

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POGP would like to inform you of future POGP approved workshops. In light of recent legislation relating to Data Protection, there is a legal requirement for you to give consent for this to happen. Please complete the following declaration if you wish to receive further information of forthcoming POGP courses.

Signature .....

Date

Print Name