

AGENDA timings are approximate depending on the case study discussions and number of participants.

This evidence based course is for medical professionals treating women's health.

Objective:

The object of this course is for you to understand the theoretical aspect of each pessary allowing you to advise the best pessary option as a conservative management in treating prolapse and incontinence to patients.

This course is aimed as the first stage of competency in pessaries before practical pessary fitting training begins.

9:00 Introduction and zoom explanation

9:05 Prevalence of Pelvic Organ Prolapse

Signs & Symptoms of pelvic organ prolapse

Sex & Prolapse

Vaginal cysts mimicking prolapse (case studies)

Types and stages of pelvic organ prolapses

Performing the examination

10:15 Baden Walker System

POP Q system and how to use the POP Q measuring tool (workbook exercises)

10:30 The role of the pessary for patients with incontinence and pelvic organ prolapse

Non-surgical therapy for pelvic organ prolapse

Indications & Contra-Indications – Case study exercise

Advantages & Disadvantages

Criteria before offering a pessary

Patient follow up

11:10 Lubricants

What everyone should know about lubricants and oils

11:15 Categories of pessaries

Fitting, removal and types in detail.

- Support pessaries
- Lever Pessaries
- Space filling pessaries

12:15 LUNCH

Trainer: Gaynor Morgan Pessary expert and advanced Pfilates certified instructor

13:00 Pessaries during pregnancy

Patients with levator avulsions – Case study exercise

Pessaries post hysterectomy – Case study exercise

Pessaries during sport – Case study exercise

Cleaning and care of the pessary

14:45 Types of Incontinence and which pessary to choose

Urinary Stress Incontinence (SUI) (case study)

Over Active Bladder (OAB) Urge Incontinence (case study)

Transient (DIAPPERS) (information workbook)

Overflow (information workbook)

Mixed (information workbook)

Nocturia (case study)

15:00 BREAK

15:10 Exercise and the prolapsed woman. (Demo of Pfilates moves- wear something comfortable)

Pfilates a clinical led based program for prolapse and incontinence (in workbook)

Suggested pessary use during sports and exercise

16: 45 Q&A

17:00 Close

Documents offered with course.

Pre course workbook. Contains information with case studies. Case studies will be discussed during the course.

Bladder diary

Prolapse diary

Questionnaire : Questions to pose the patient new to prolapse.

Guide to Pessaries Booklet.

Protocol around pessaries.

Questionnaire to offer patients pre surgery

Edinburgh post natal depression scale.

Access to clinical papers mentioned on the course

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