

**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. 8 hr CPD certified. Certificates will be provided to those who attend the full course. If physical attendance has not been possible, there is a playback of the course available for 7 days from the end of the course. Times are in Brussels. CET. This course complies with the new (March 2021) POGP and NICE guidelines. Other countries protocols are mentioned depending on participants.**

**Objective:**

The object of this course is for you to understand the theoretical aspect of each pessary including fitting and removal, 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 the theoretical understanding of pessaries before practical pessary fitting training begins. Different protocols are set in different countries. You will be provided the United Kingdom protocol handout provided by POGP in line with NICE guidelines.

**An advanced knowledge of the pelvic floor is required in order to take this course.**

09:00 **Introduction and zoom housekeeping explanation**

09:05 **Prevalence of Pelvic Organ Prolapse**

Types of prolapses and the new terminology

09:15 **Signs & Symptoms of pelvic organ prolapse**

Conservative management

09:20 **Know your patient**

Establish a rapport

Basson's model of sexual motivation

History

Dyspareunia

09:35 **Performing the examination**

POP Q (how to read and understand the grid)

Baden Walker System

Stages of POP

Uterine/Midline/Apical

Anterior wall

Posterior wall

Trainer: Gaynor Morgan Pessary expert and advanced Pfilates certified instructor

09:50 **Sex and prolapse**

09:55 **Role of the Pessary**

Indications & Contra-Indications

Advantages & Disadvantages

Before fitting the pessary

10:15 Patient follow up *(In compliance with the latest UK Clinical Guideline for best practice in the use of vaginal pessaries for pelvic organ prolapse issued by POGP March 2021)*

10:20 Categories of Pessaries

Fitting kits

How to measure for a pessary

10:25 **Support Pessaries slide**

- Live demo showing support pessaries

10:35 \*\*\*\*\*Break\*\*\*\*\*

10:45 Films of insertion

- Ring with knob animated film
- Insertion of ring & dish film
- Gehrung & Regula

10:50 Case Study 1

10:55 **Lever pessaries**

- Inserting the Hodge animated film

11:00 Case Study 2

11:10 **Can a Pessary Cause Infections?**

11:15 **Care & Cleaning the pessary**

11:20 **Elongated Cervix**

11:25 Pessary Quiz

11:30 **Lubricants**

11:45 Case Study 3

12:00 \*\*\*\*\*BREAK\*\*\*\*\*

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12:05 Case Study 4

12:20 Q&A TO CONSOLIDATE THIS PART OF THE PROGRAM.

12:30 **Space filling pessaries**

- Live demo of space filling
- Film clip fitting ring & cube
- Post Hysterectomy
- Pessaries for vaginal vault prolapse
- The use of 2 pessaries at the same time

12:50 Case study 5

13:00 \*\*\*\*\*LUNCH\*\*\*\*\*

14:00 **Pessaries in Pregnancy**

14:05 Video of indications for use of Dr Arabin Cerclage

- Measuring the Dr Arabin Cerclage

14:15 **Lavator Avulsion: Why is pelvic floor damage so significant?**

14:25 Pessary quiz

14:30 Case study 6

14:40 **Types of Incontinence and suitable pessaries**

- \*Urinary Stress Incontinence (SUI)
- \*Over Active Bladder (OAB) Urge Incontinence
- Transient (DIAPPERS) (information workbook)
- Overflow (information workbook)
- Mixed (information workbook)
- \*Nocturia
- Incontinence pessaries

15:00 Case study 6

15:05 **Gartner Cyst verses Cystocele**

15:20 Recap Quiz

15:30 \*\*\*\*\*BREAK\*\*\*\*\*

15:40 CASE STUDIES 7 TO 11

16:00 Pfilates for prolapse program overview a clinical proven program to reduce POP and incontinence.

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**Documents offered with course. This is in the members part of Pelvic Angel. You will only have access to this 4 days before the course, during the course and 1 week after the course.**

**As the workbook case studies are changed per course and the videos are updates the members part is strictly for those who attend.**

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 A5 Booklet. (Images and description)

Protocol around pessaries.

Questionnaire to offer patients pre surgery

Edinburgh post natal depression scale.

Access to clinical papers mentioned on the course

Bonus white papers and videos

POP Q Presentation. Pop Q documentation showing images how to physically measure.

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