

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. Playback videos of the course plus bonus videos (POP Q explained, using sea sponges to support prolapse) available for 7 days at 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.

Material included in this course can be downloaded from the members area :

Workbook pertaining to each slide – All clinical evidence papers mentioned in the course, plus extra papers – Feedback form - Bladder & Prolapse diaries - Edinburgh form -

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.

17:30 **Introduction and zoom housekeeping explanation**

17:35 **Prevalence of Pelvic Organ Prolapse**

Types of prolapses and the new terminology

17:40 **Signs & Symptoms of pelvic organ prolapse**

Conservative management

17:50 **Biotensegrity and why prolapse isn't muscles weakness**

17:55 **Know your patient**

Establish a rapport

History

Dyspareunia

18:00 **Basson's model of sexual motivation**

18:05 **Relationship between hip pain and the pelvic floor**

18:10 **Performing the examination**

POP Q (how to read and understand the grid)

Trainer: Gaynor Morgan Pessary expert and advanced Pfilates certified instructor

Baden Walker System

Stages of POP & types of POP

18:20 **Sex and prolapse**

18:25 **Role of the Pessary**

Indications & Contra-Indications

Advantages & Disadvantages

Before fitting the pessary

18:35 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*)

18:40 Categories of Pessaries

Fitting kits

How to measure for a pessary

18:45 **Support Pessaries slide**

- Live demo showing support pessaries

19:00 *****Break*****

19:05 Videos

- Ring with knob animated film
- Insertion of ring & dish film
- Pessary maintenance by Dr Sam Siddighi

19:20 Case Study 1

19:30 **Lever pessaries**

- Inserting the Hodge animated film

19:35 Case Study 2

19:45 **Can a Pessary Cause Infections?**

19:55 **Care & Cleaning the pessary**

20:00 **Elongated Cervix**

20:10 Pessary Quiz and questions

20:45 **Lubricants**

21:00 Case Study 3

21:15 Case Study 4 END OF DAY 1

Trainer: Gaynor Morgan Pessary expert and advanced Pfilates certified instructor

DAY 2

17:30 Q&A TO CONSOLIDATE THIS PART OF THE PROGRAM.

17:40 **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

18:10 Case study 5

18:15 **Pessaries in Pregnancy**

18:20 Video of indications for use of Dr Arabin Cerclage

- Measuring the Dr Arabin Cerclage

18:25 **Lavator Avulsion: Why is pelvic floor damage so significant?**

18:30 Case study 6

18:45 Pessary Revision

19:00 *****BREAK*****

19:10 **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

19:20 Continence burdens

19:25 Incontinence pessaries

19:30 Case study 7

19:40 Case study 8

19:50 **Gartner Cyst verses Cystocele**

20:00 Recap Quiz

20:05 Case study 9

20:15 Case study 10

Trainer: Gaynor Morgan Pessary expert and advanced Pfilates certified instructor

20:25 *****BREAK*****

20:35 Case study 11

20:45 Pessaries Revision

21:00 Q&A

End of day 2

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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