

Theoretical overview of pessaries a conservative management of pelvic organ prolapse & incontinence.

Time 2 Hours

Pre Course material supplied via email website member page

- Access to all clinical data white papers mentioned in the course via our members page
- Core reading material
- Bladder diary
- Pelvic organ prolapse diary
- E Copy of Pessary guide book
- Hard copy of Hold It Sister by Mary O'Dwyer

Introduction of prolapses

- Statistics with prolapse being objective and subjective
- Signs Symptoms Causes Treatment
- Grade of prolapse
- Types of Prolapses (highlighting difficulties between Enterocele, Sigmoidocele and Rectocele)
- POP Q overview
- Baden walker overview

Introduction of pessaries

- The role of a pessary
- Pre surgery
- Post operative
- During sports and activities
- Indications & Contra-Indications
- Advantages & Disadvantages

Pessary Types fitting, removal and uses.

- Space filling
- Lever
- Support

Pessaries in pregnancy

- Pessaries during pregnancy

Lubricants what you must know to safeguard your patients

Case studies, choosing the right pessary

Gaynor Morgan- Pessary expert and trainer.

www.pelvicangel.com

CPD Accredited

www.pelvicorganprolapse.org