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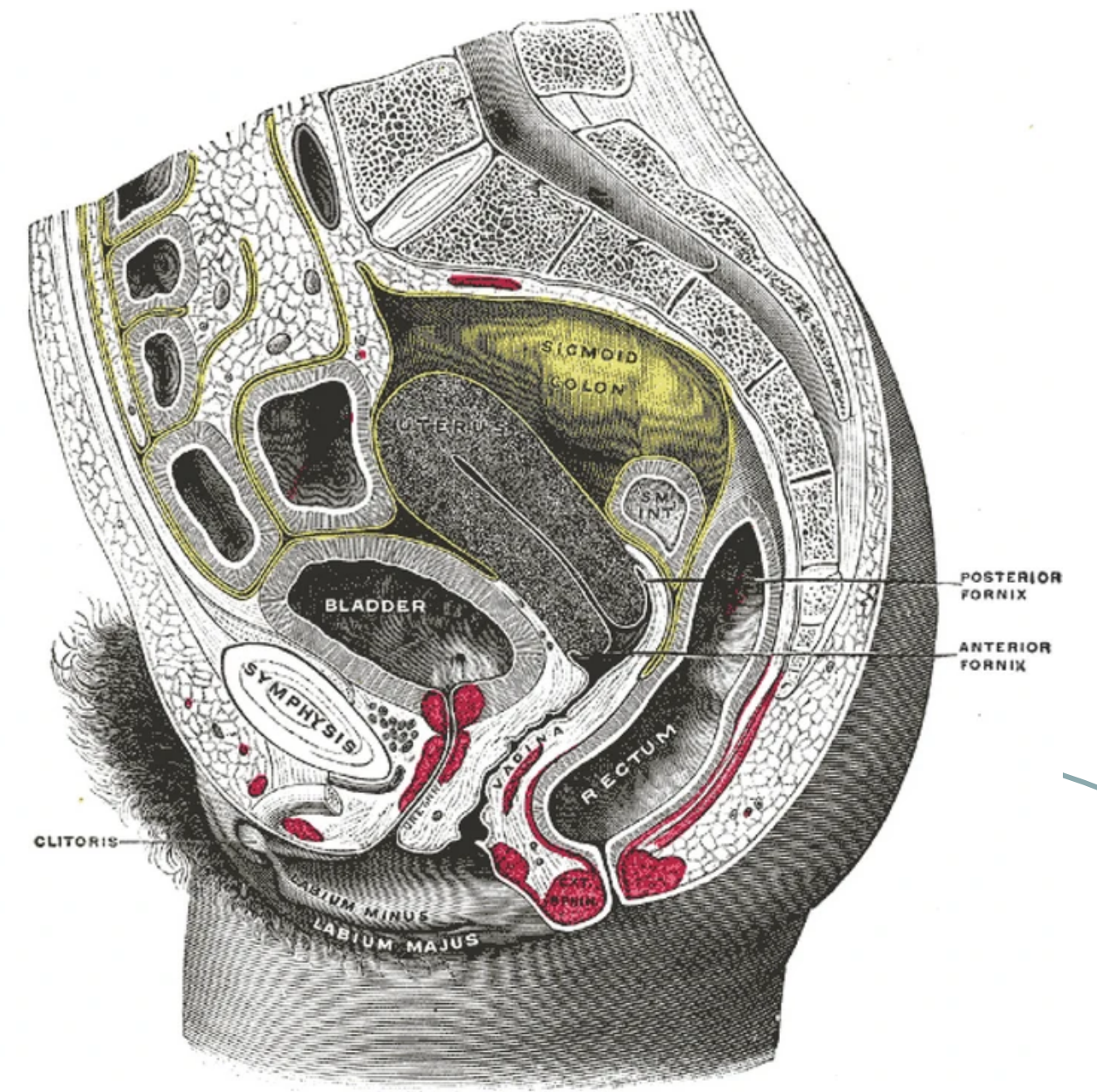
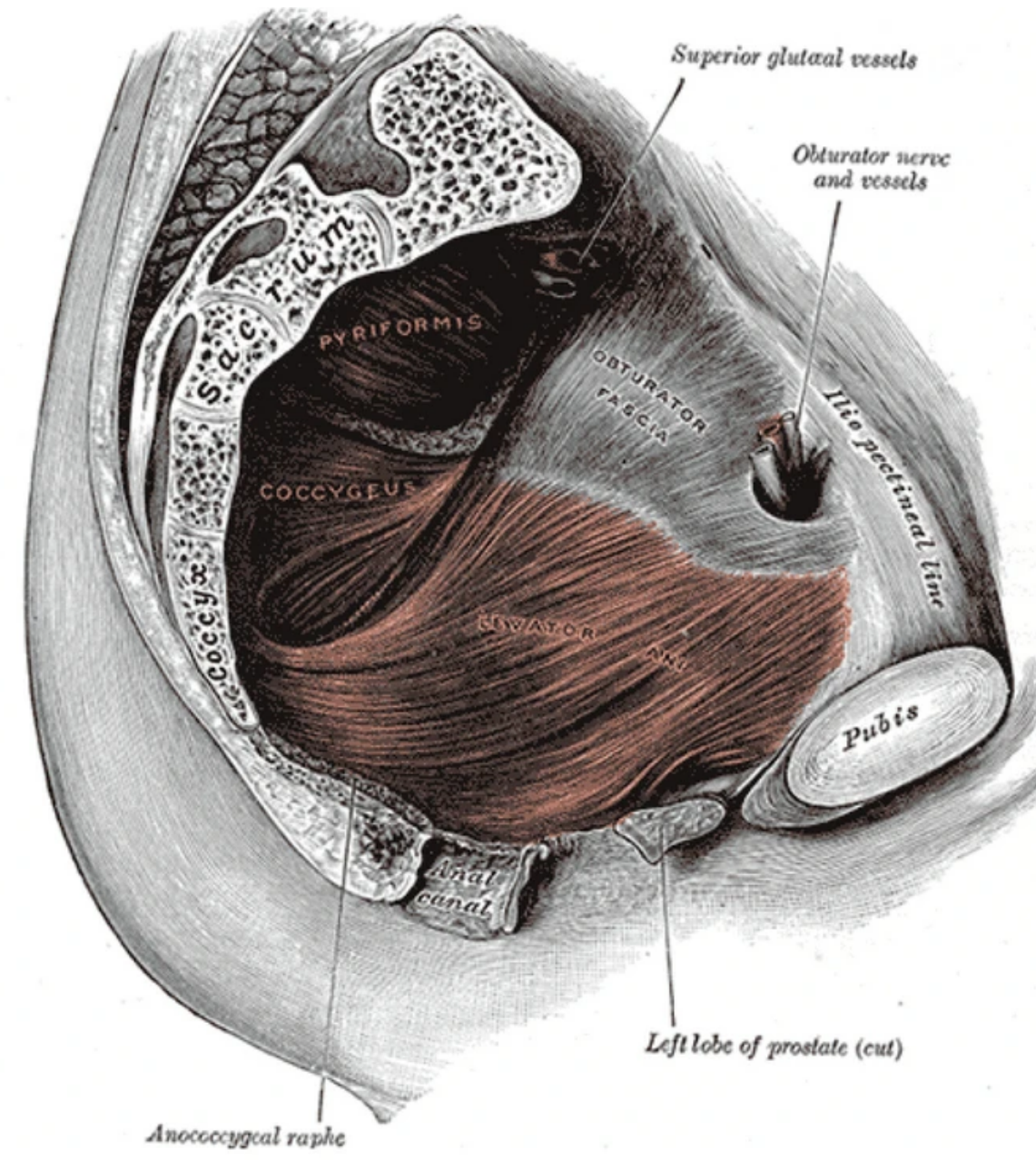
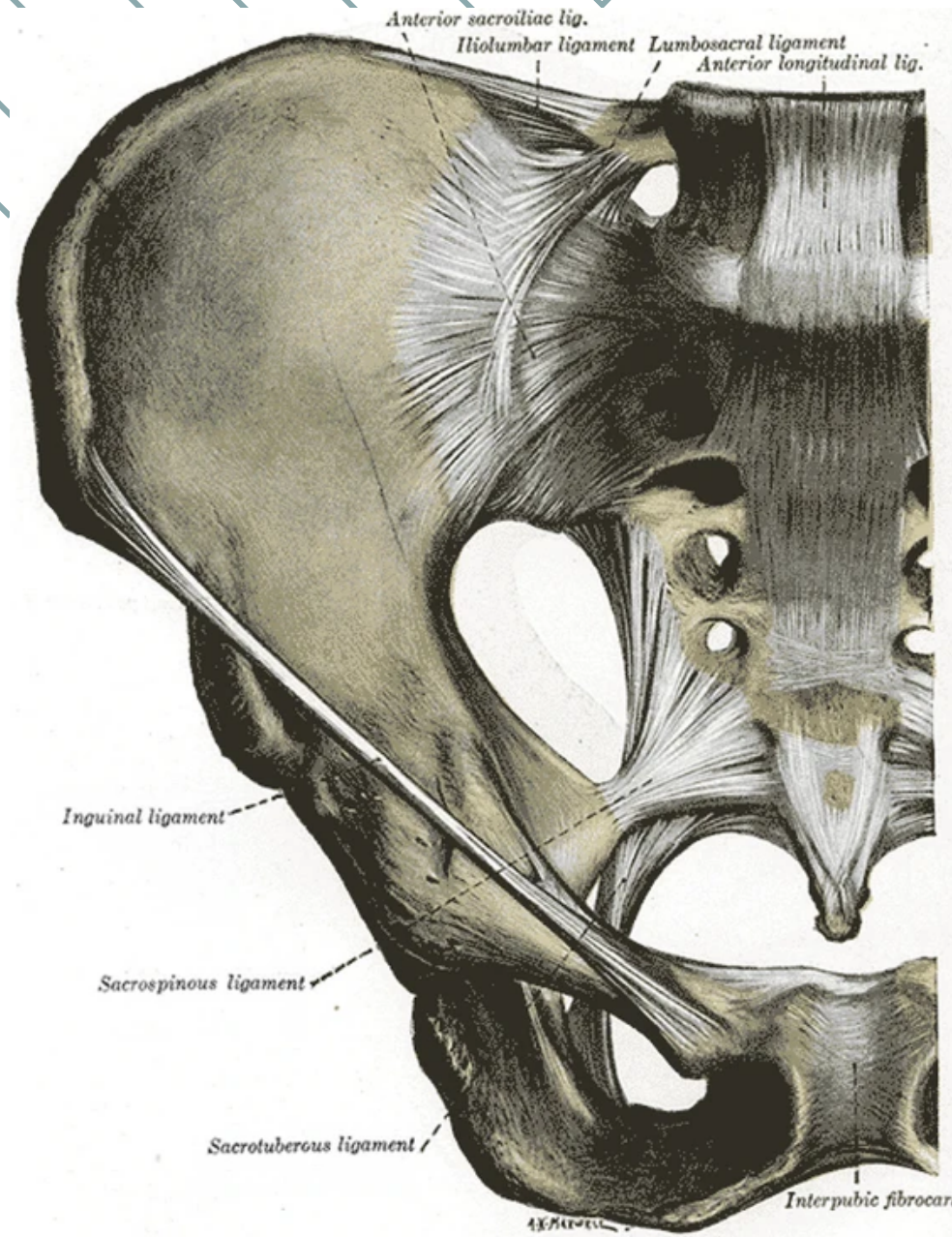
FACULTY OF HEALTH SCIENCES
UNIVERSITY OF OPOLE

RAISING AWARENESS OF PELVIC FLOOR HEALTH TO PREVENT DYSFUNCTION – LET'S START WITH THE LOCAL COMMUNITY. ONGOING PROJECT HIGHLIGHTS BASED ON NICE RECOMMENDATIONS

Martyna Kasper-Jędrzejewska



DEFINING PELVIC FLOOR



a

b

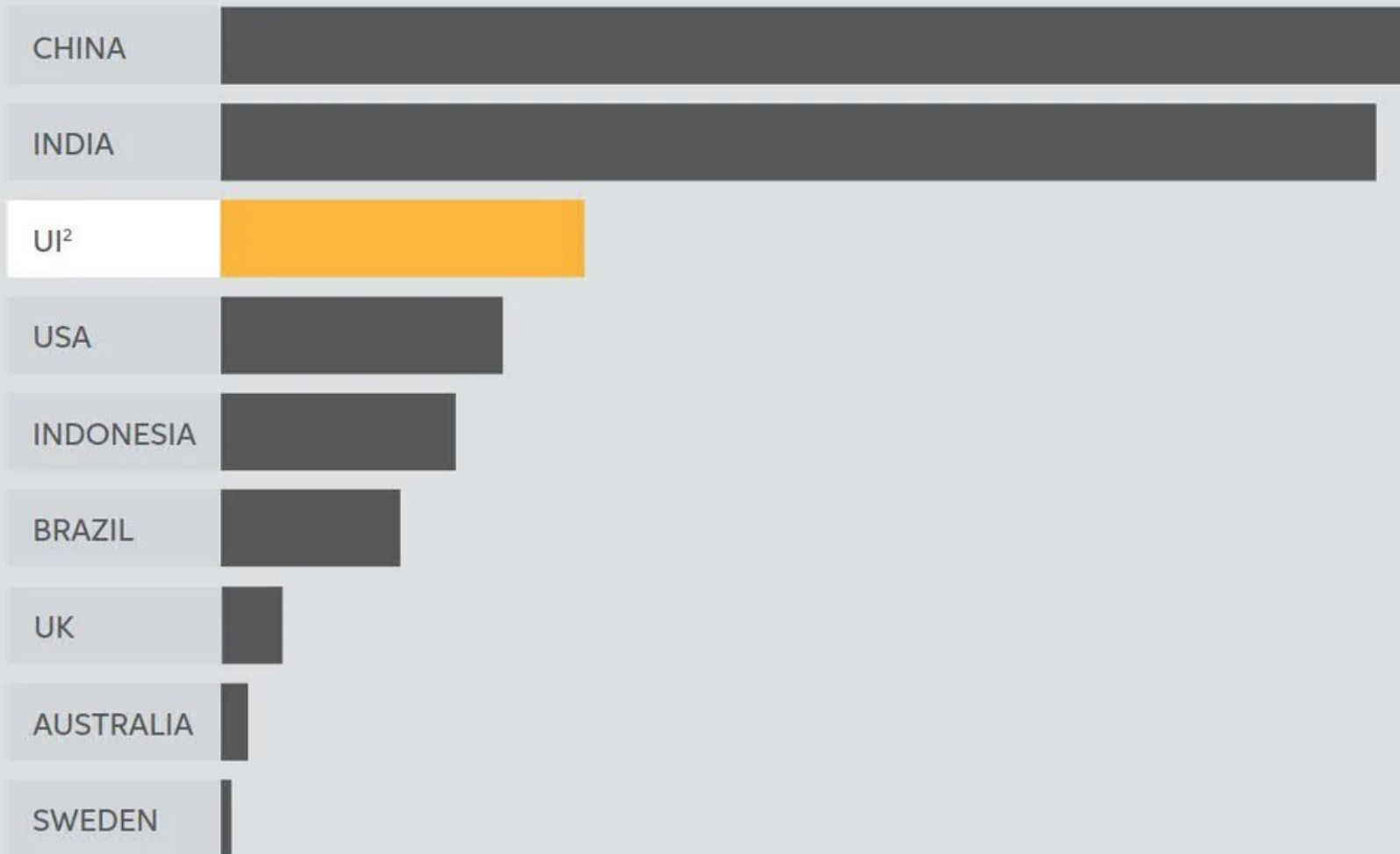
c

Pelvic floor anatomy from "Gray's anatomy of the human body" (public domain). a Anterior frontal view of bony and ligamentous pelvic anatomy (Plate 319). b Sagittal view of pelvic floor muscles, levator ani, and coccygeus (Plate 414). c Sagittal view of the female organs situated in pelvis (Plate 1166).

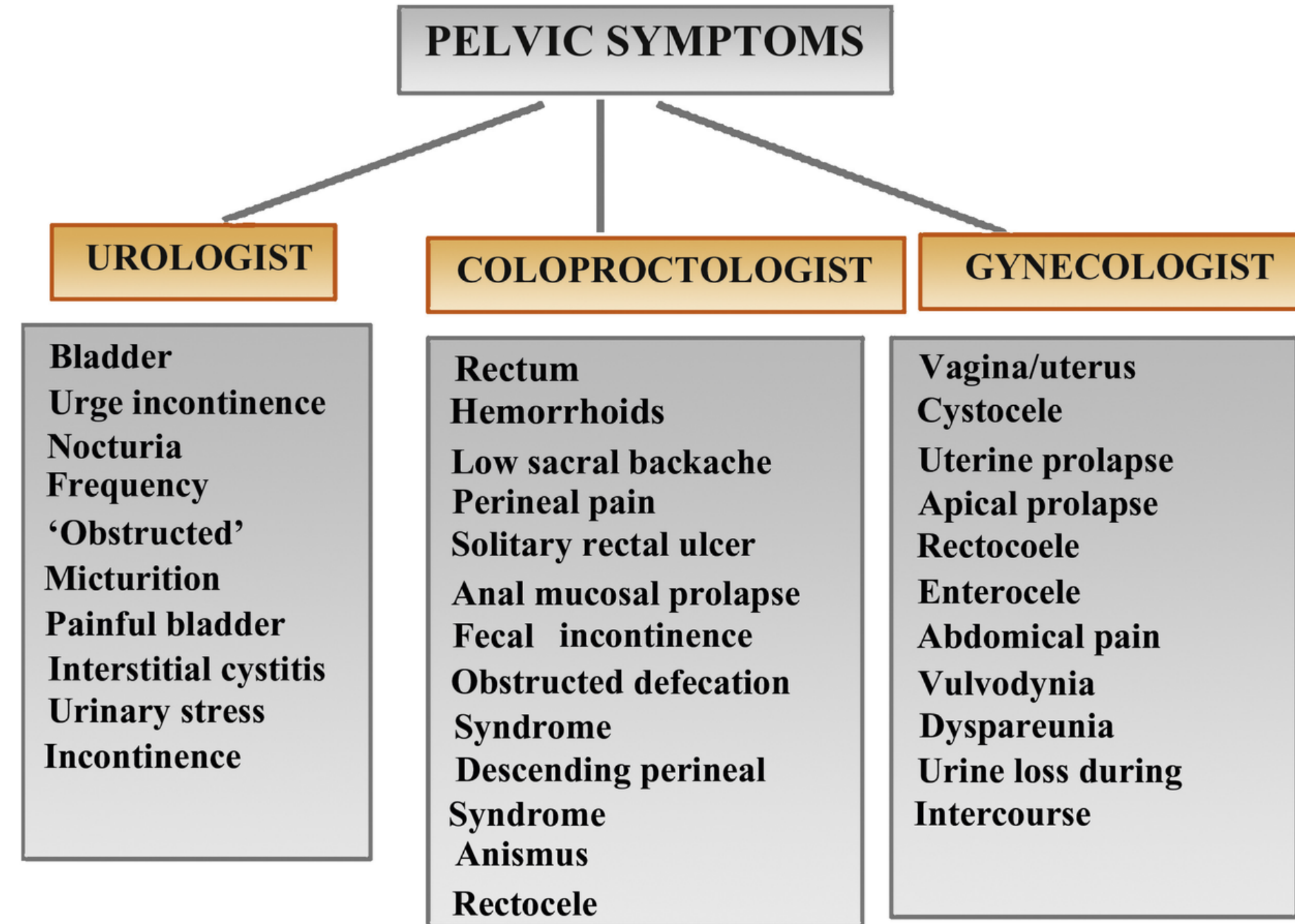
PELVIC FLOOR DYSFUNCTION

If UI Were a Country¹

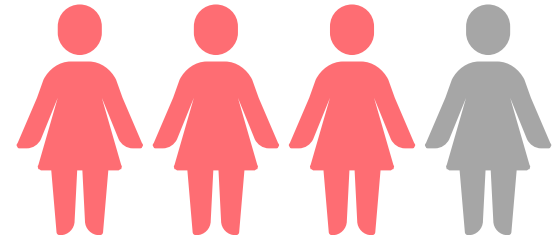
it would be the third largest in the world



References: 1. Demographics: Economist Intelligence Unit, www.eiu.com 2. Irwin et al. Worldwide prevalence estimates of lower urinary tract symptoms, overactive bladder, urinary incontinence and bladder outlet obstruction. *BJU Int.* 2011 Oct;108(7):1132-8.



FACTS:



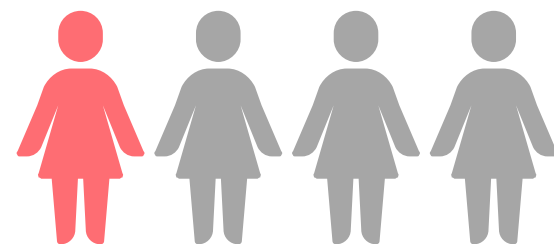
Pelvic floor dysfunctions (PFDs) are a common health problem affecting one in four women at some point in their lives.

PFDs can manifest as urinary or fecal incontinence, pelvic organ prolapse, sexual dysfunction, dyspareunia or pelvic pain, among other things.



The need for surgery related to PFDs will increase by 47% from 2010 to 2050.

Despite the widespread prevalence of PFDs, few affected women seek medical support or counseling due to insecurity, shame, lack of knowledge or access difficulties.



Almost one in four women have never done pelvic floor exercises, that can prevent and improve symptoms.



Pelvic floor symptoms are a substantial barrier to exercise in women of all ages, causing them to stop exercising and increasing the odds of being physical inactive.



"WE DON'T TALK ABOUT IT ENOUGH..."

...I CAN GOOGLE SEARCH ALL DAY LONG, BUT IT'S NOT HELPFUL"

Snyder, 2022

"Women feel more comfortable when conversations about pelvic floor health are instigated by and when confident engagement is promoted by the trainers"

Dakic, 2023

Increased focus on person-centred care, particularly emotional support, information and education may improve younger women's experiences when seeking care for pelvic organ prolapse.

Carroll, 2023

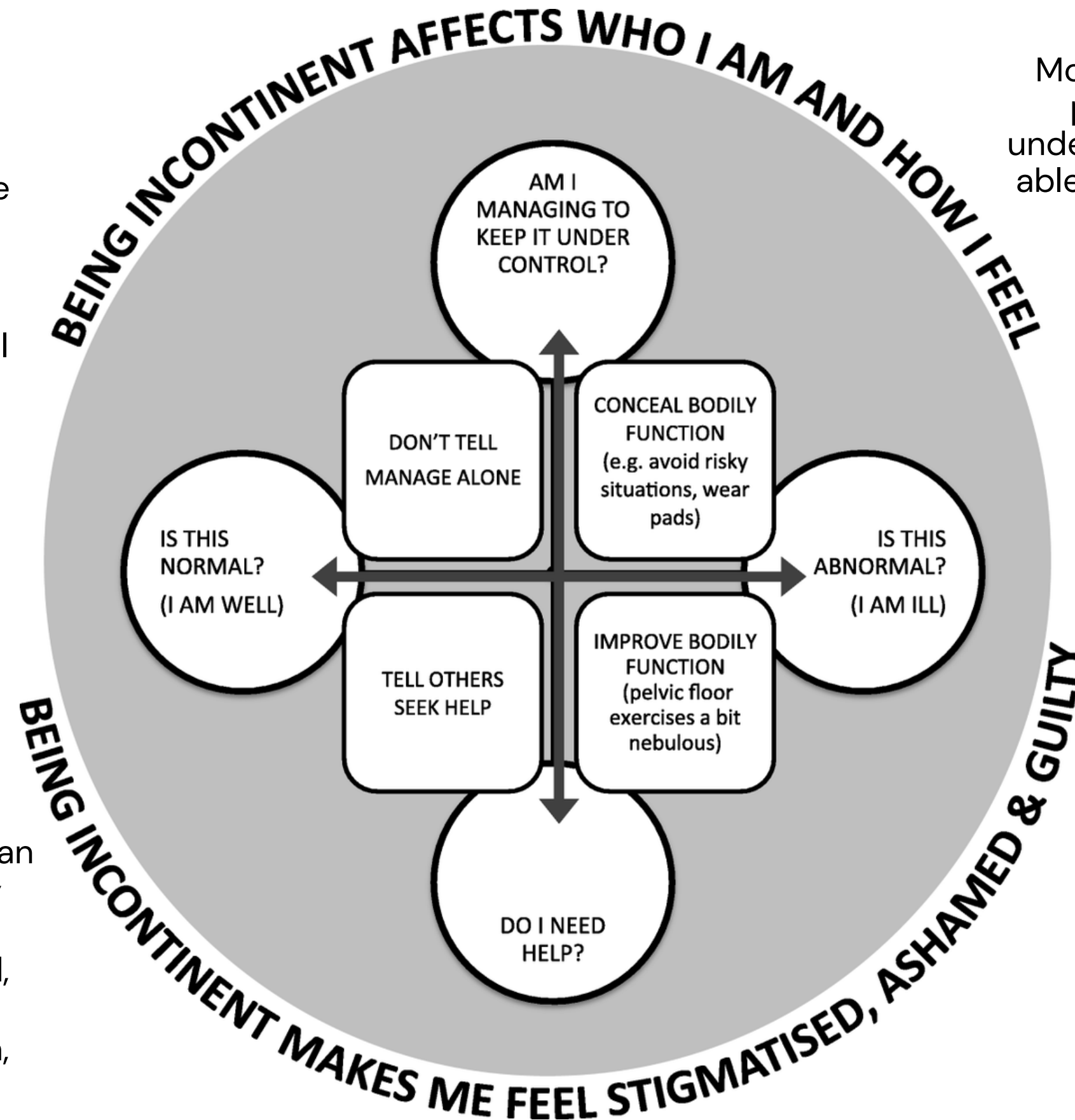
"Knowledge of the PFM is necessary for the understanding of women over their own bodies, facilitating the understanding of the guidelines and treatments offered by health professionals. Communication and information are essential in the treatment of patients with PFDs. The correct information is important in obtaining the patient's consent on the proposed therapy in treatment, increasing their participation, reducing anxiety, providing knowledge about the disease and assessing the patients' satisfaction with the results".

Fante, 2019

WHY THIS MATTERS

From 50% to 75% of women experiencing UI do not seek care. Although longer duration and more severe distress of PFDs may contribute to increased health care-seeking behavior, treating a PFD only after it reaches an advanced stage has less satisfactory results and higher financial costs

Most women have a gap in the knowledge of pelvic floor muscle dysfunctions, do not understand their treatment options, and are not able to identify risk factors for these disorders.



Even though UI and POP are not life-threatening conditions, the symptoms can have a serious negative effect on daily activities. These conditions adversely affect women's physical, psychological, and social well-being. Negative self-perception, depression, social isolation, embarrassment, and social stigma.

The culture of secrecy and profound sense of shame is barrier to seeking help. An environment which reduces the shame and stigma of UI may help people to switch the focus to strategies that will improve continence, rather than conceal incontinence.

What information strategies are effective in raising awareness about prevention of pelvic floor dysfunction?

“Awareness in the general public is not as high as it could be”

“The importance of adapting information to as wide a population as possible to improve levels of awareness of the condition and its symptoms”

“...done by disseminating information using adverts, utilising services regularly attended by the general public (such as GP surgeries, exercise classes, schools). The committee noted that there are resources on websites from the community or health trust that could be utilised”

“It also included raising awareness of people providing services to the public, such as exercise and fitness instructors so that they can be confident talking about the condition”

“...general information about PFD needs to cover symptoms, when and where to go for help (including information about self-referral where available) and to provide an outline of risk factors, management and prevention options”

“Covering pelvic floor dysfunction in the syllabus for trainee nurses, physiotherapists, doctors, midwives and teachers would raise their level of expertise and promote better advice and information provision”



NICE HIGHLIGHTS SUMMARY

Raising awareness of pelvic floor dysfunction for all women/ Calling for action to reduce number of women living with poor pelvic floor health.

Pelvic floor dysfunction is not discussed as openly as other health issues.

Improving women's knowledge of pelvic floor health is important because this increases the chance they will take action to prevent pelvic floor dysfunction/ Ensuring women and people have access to high-quality education and information about pelvic floor health is crucial in supporting them to make informed choices.

Women need to know how to **reduce the modifiable risks** associated with pelvic floor dysfunction, and what lifestyle changes they can make to **improve** their pelvic floor health.

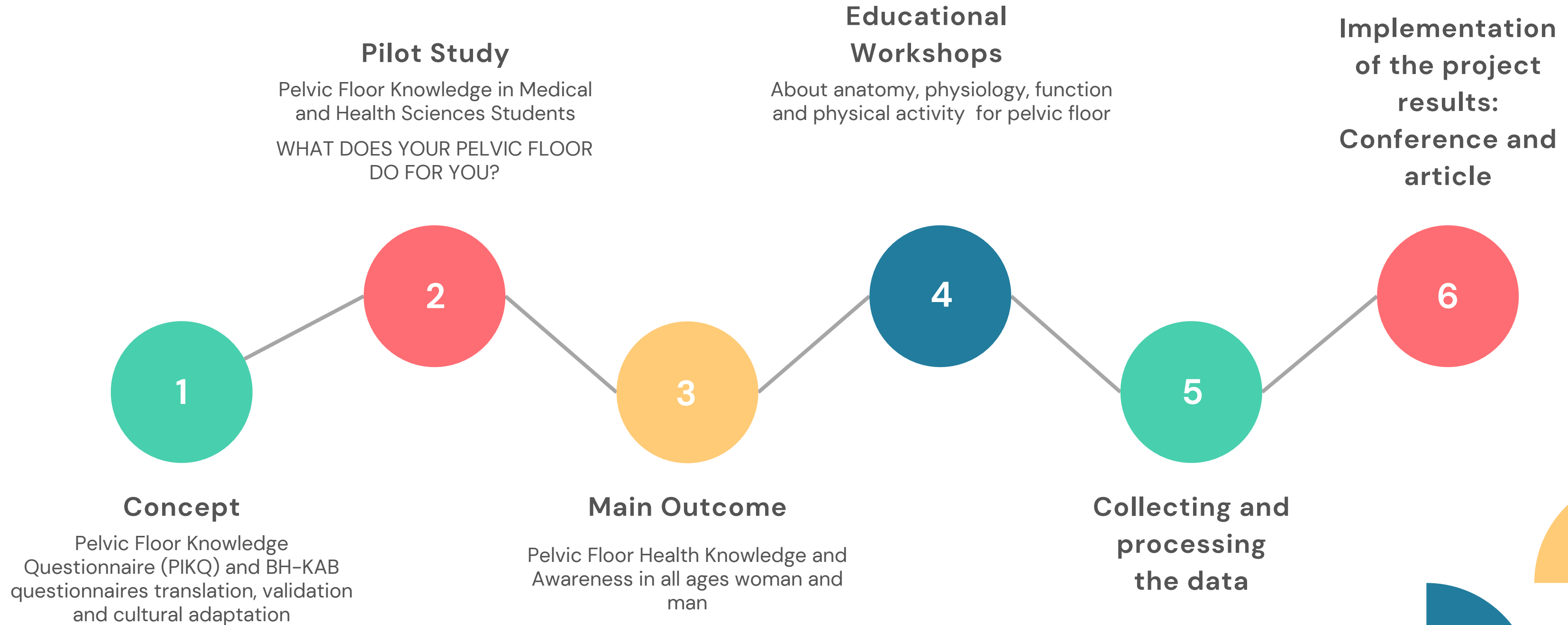


NICE HIGHLIGHTS SUMMARY (LAST BUT NOT LEAST)

NORMALISATION IS IMPORTANT, BECAUSE EMBARRASSMENT OFTEN GETS IN THE WAY OF DISCUSSIONS ABOUT PELVIC FLOOR DYSFUNCTION.

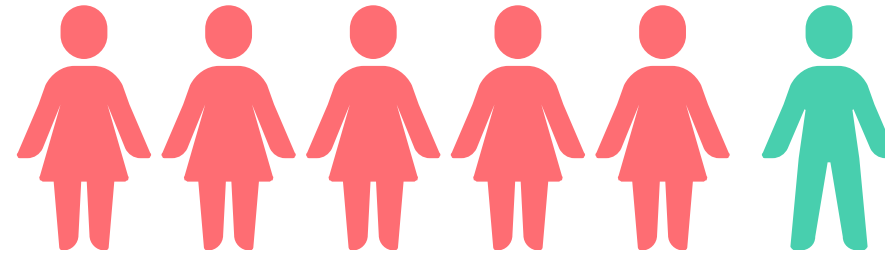


PROJECT TIMELINE



TEAM

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SUMMARY

The increasing prevalence and impact of pelvic floor disorders on women's quality of life highlights the importance of improving awareness and knowledge of these conditions. To date, several studies have investigated the knowledge of PFDs in women. All studies have shown that there is a knowledge gap among women and that education programs are needed to close this gap.

According to the NICE guidelines for best practice in healthcare, public awareness of pelvic floor health should be increased through lifelong education.



THANK YOU

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