

supporting
patients

pelvic floor
dysfunction
symptoms

PERINATAL PELVIC HEALTH POCKET GUIDE

ePAQ-Pelvic Floor
questionnaire

Squeezy App
(pelvic floor
exercises)

Anyone who is pregnant can be affected by pelvic floor health problems. This Health Visitor Guide is designed to ensure that you get the right help for patients who have symptoms.

Pelvic floor dysfunction

Do you know what symptoms to ask patients about?

- Urinary incontinence (1 in 3 can be affected)
 - Stress Incontinence. This is leaking urine under stress such as when the patient is coughing, sneezing, laughing and taking exercise
 - Urge incontinence. Patients will feel like they need the toilet all of the time (urgency) and may go regularly and pass only small amounts of urine.
- Symptoms of pelvic organ prolapse can include experiencing a bulge within or outside of the vagina, vaginal heaviness or dragging and associated changes to bladder and bowel function.
- Loss of control of stool (faeces) or wind (flatal)
- Sexual dysfunction
- Combination of the above

How you can help

Normalise the conversation about pelvic floor dysfunction issues. Signpost to the following for support (see back cover).

Pelvic floor Muscle exercises

It is recommended that perinatal patients do daily pelvic floor exercises during pregnancy and after birth. This helps prevent issues, acting as first line treatment.

How you can help

If a person is unsure how to do these, direct them to Just one Norfolk or the PPHS team.

Squeezy app

Every perinatal patient will have FREE access to download Squeezy App to support them with recommended daily pelvic floor muscle exercises. Advise to check emails.

How you can help: Signpost to shared PPHS email address to get an invite for those who do not have access.



Webinars

These are available for all pregnant and postnatal patients to offer advice and resources on pelvic health. They can be booked on Just One Norfolk.

Support

ePAQ-Pelvic Floor

As part of our perinatal pelvic health service every patient will be invited to complete an ePAQ-Pelvic Floor Questionnaire during (after dating scan) and after pregnancy (4 months postnatal). This will act to screen for pelvic floor dysfunction issues.

How you can help: encourage women to complete this. Contact PPHS team if anyone is having issues completing it.

Refer for support

If someone is experiencing pelvic floor dysfunction symptoms, please email

nwicb.perinatalpelvichealthservice@nhs.net



Just One Norfolk
QR code