

For any questions on the pathway and processes please contact:
nwccg.perinatalpelvichealthservice@nhs.net

All perinatal women and patients

Prevention evidence

- Advise all women:
- Daily pelvic floor exercises
 - Perineal massage from 34 weeks

PFD modifiable risk factors

- Advise and support all women with the following appropriately if they are at higher risk:
- A body mass index (BMI) over 30 kg/m²
 - Smoking
 - Constipation
 - Diabetes

PFD non-modifiable risk factors

- Advise and support all women with the following appropriately if they are at higher risk:
- FH of PFD (mother/sister)
 - Fibromyalgia
 - Chronic respiratory disease
- Related to pregnancy:
- Over 30 years old at booking
 - Multiparous
- Related to (previous) labour:
- Assisted vaginal birth (forceps or vacuum)
 - Occipito-posterior vaginal birth
 - Active second stage over 1 hour
 - Injury to anal sphincter

Booking appointment

Give the patient the pelvic health support leaflet

Dating scan (this will be done for you)

After the scan the ADMIN TEAM will INVITE the patient to download the Squeezy App and complete the ePAQ questionnaire

ePAQ

This electronic patient assessment questionnaire is a pelvic floor screening tool for PFD issues (will receive email or letter)

FREE

Squeezy App

(will receive email and text to invite)

After delivery

At risk patients will be seen on ward by physio team

3rd or 4th degree tear patients will be referred to physio team for outpatient appointment at 6 weeks

Triage

Pelvic health team to evaluate and direct the patient towards best means of support

Postnatal discharge

Direct to service user survey to be completed



Advise: 4 months after delivery they will receive further ePAQ invite (via email or letter) to check for any long term issues

justonenorfolk.nhs.uk

Direct to single point of access if any issues
www.justonenorfolk.nhs.uk/pelvichealthreferral

Pelvic floor workshop

- Group
- Face-to-face
- Virtual
- One-to-one with translation

One-to-one with physio, urogynaecologist / nurse or maternity triage

Where to direct patients for more info:

- Webinars – book via JON
- Pelvic health Thursdays on @N_WLMNS facebook and Instagram
- Just One Norfolk Pelvic health during and after pregnancy pages



PFD conditions:

- Urinary incontinence (1 in 3 women)
- Anal incontinence – wind and stool (1 in 10 women)
- Pelvic organ prolapse (1 in 12 women)

Also..

- Emptying disorders of the bladder
- Emptying disorders of the bowel
- Sexual dysfunction
- Chronic pelvic pain

If the patient has symptoms refer them to your Trust's Pelvic Health Physiotherapy Team:

NNUH voicemail: 01603 287 130

QEH: via badgernet referral

JPH: email pelvichealthphysio@jpaget.nhs.uk

THIS PATHWAY IS FOR NORFOLK AND WAVENEY CCG PATIENTS ONLY

- Visit www.norfolkandwaveneyccg.nhs.uk/about-us/our-members for clarification on which surgeries fall under the NW CCG
- For Cambridgeshire & Peterborough CCG:
 - patients self refer: www.eoemskservice.nhs.uk/physiotherapy-self-referral
 - Health professional refer: S1.dynamichealth@nhs.net
- For Lincolnshire CCG Physio referrals: ulh-tr.ulht-physiotherapy@nhs.net