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A NEW PELVIC HEALTH PHYSIOTHERAPY SERVICE AT THE MANCHESTER ADULT CYSTIC FIBROSIS CENTRE: AN 18 MONTH REVIEW

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Introduction

People with cystic fibrosis (pwCF) have a higher prevalence of incontinence (1). Improvements in clinical care have led to better health, fertility and life expectancy for pwCF. Hence more pwCF experience pregnancy, menopause and old age, which are all recognised risk factors for incontinence (2). PwCF have a higher burden of health care appointments for their CF and may be less likely to attend general health care, with a preference for management within their CF centres. The CF Physiotherapists identified a lack of in-house pelvic health (PH) skills and knowledge, and a joint CF and PH Physiotherapy service was initiated.

Aims

To assess the effectiveness of the treatment of urinary incontinence in the new Physiotherapy service for PH for pwCF.

Method

PwCF were assessed jointly by a PH Specialist Physiotherapist and a CF Specialist Physiotherapist with follow-up as appropriate who completed the ICIQ-UI pre and post intervention.

Results

Eleven pwCF attended, with 10 having urinary incontinence as their primary symptom. Two pwCF did not complete a post treatment ICIQ-UI and were excluded. One male and seven females (mean age 37.5 years, range 20-58) were included. CF disease severity ranged from normal to severe. Mean number of appointments were 3 (2-4). Mean average pre-treatment ICIQ-UI score was 9.4 (3-14) . Mean average post-treatment ICIQ-UI score was 2.8 (0-13). Seven pwCF demonstrated a clinically significant reduction in ICIQ-UI3.

Conclusion

All pwCF who completed a follow-up ICIQ-UI demonstrated a reduction in ICIQ-UI score. More research may be beneficial, but this small study suggests pwCF experiencing urinary incontinence benefited from the collaboration and up-skilling of CF Physiotherapists with specialist PH Physiotherapy services. This model of co-production may benefit other services with patients groups who are at higher risk of pelvic health issues.

References:

1. Association of Chartered Physiotherapists in Cystic Fibrosis (2020) Cystic Fibrosis Trust Standards of Care and Good Clinical Practice for the PHysiotherapy Management of Cystic Fibrosis: 4th edition. Available at <https://www.cysticfibrosis.org.uk/sites/default/files/2020-12/Standards%20of%20Care%20and%20Good%20Clinical%20Practice%20for%20the%20Physiotherapy%20Management%20of%20Cystic%20Fibrosis%20Fourth%20edition%20December%202020.pdf>

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