

OP15

VAGINAL PESSARY MANAGEMENT FOR PELVIC ORGAN PROLAPSE: AN AUDIT AND ASSESSMENT OF PATIENT EXPERIENCE

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Objective:

To evaluate patients' satisfaction with the use of vaginal pessary for POP, to audit compliance with the standards set out in the UKCS Best Practise Guideline for pessary management (1).

Methods:

All patients returning to the Nurse led pessary Service during 4-week period in oct 2022 were given a "patient satisfaction questionnaire" written according to the clinical standards for pessary set by UK Clinical Guideline Group at the point of discharge. The data were collected and analysed using Microsoft Excel and responses were expressed as a percentage of patients who responded.

Results:

96 participants completed the questionnaire during the timeframe of the study. 43% have used pessaries for >3 years with 34% have used pessaries between 1-3 years. 89% felt they were given enough information about pessaries and how it works prior to insertion. 74% stated they were informed about possible complication and 92% given contact information. 55% women received written supporting information with 65% also been offered self-management of pessary. 35.4% of them confirmed to have had some complications with pessary including expulsion of pessary. 93.6% reported symptoms improvement with pessary with 58% and 66% also reporting an improvement in bowel and urinary symptoms, respectively with only 5.3% reporting worsening of their bowels or urinary symptoms. 95.8% of the surveyed patients were very satisfied/satisfied using pessary for the management their prolapse.

Conclusions:

Women's quality of life and symptoms of prolapse were improved with the usage of a vaginal pessary. Clear guidance, vigilance and follow up is required to recognise and manage complications promptly which is likely to support patient to continue use of pessary. The study is limited as is in a single centre, for a limited timeframe. Therefore, further large scale and longer-term research into women's experience of pessary use is recommended.

Reference

1- UK Clinical Guideline Group. UK Clinical Guideline for best practice in the use of vaginal pessaries for pelvic organ prolapse. [cited 08 November 2022]. Available from:<https://www.ukcs.uk.net/resources/Documents/Pessary%202021/UK%20Pessary%20Guideline%20final%20April21.pdf> ; 2021.