

## Pessary Reuse in Prolapse Management: Patient Acceptance and Outcomes: A Nurse Specialist's Perspective

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### Introduction

Pelvic organ prolapse (POP) is a relatively common condition[1, 2] that results in a deterioration in the quality of life[3]. According to current guidelines, conservative treatment, which include the use of pessaries, should be the first line of therapy[4,5]. While the acceptance of pessary use is well known in literature, there is limited knowledge of acceptability of washing and reusing pessaries for prolapse.

### Objective

The primary objective was to look at women's acceptance of reusing washed pessaries. Our secondary objectives were types of pessary used most commonly, use of concurrent vaginal oestrogen, duration of use of pessaries, frequency of clinic visits, sexual activity with pessary use, complications experienced, Patient Global Impression of Improvement (PGI-I) scores and reasons for continued use of pessaries. Methodology This was a snapshot of women presenting to Urogynaecology Nurse led pessary clinics for a period of 2 months (December 2022 – January 2023) for a change of pessaries. Shelf, Donut and Gellhorn are washed and reused up to a maximum of 20 washes or 5 years.

### Results

50 women attended 8 Nurse Specialist Clinics. Most pessaries used were being washed and reused(37/40, 92%). Most women were very satisfied or satisfied with the process of washing and reusing pessaries(37, 97%). PGI-I scores were stated to be very much better or much better in a majority of women(46, 92%). Most women were seen between 1 and 2 years(40, 80%) with most visits being planned(44, 88%) and uncomplicated complications(46, 92%). 3(6%) discontinued use with those who continued use them citing the lack of this service in the community as a reason for ongoing hospital visits.

### Conclusions

Most women accept reuse of pessaries. With the ongoing need to reduce use of environmental waste, current global shortage of pessaries and NHS funding issues, this is an important consideration in practice.

### References

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