**Project ECHO Population Health Network Reproductive Health Series 2, Session 2.**

**“Women’s health in the midlife: Incontinence and prolapse”**

**Recommendations**

**Date**  Thursday 9 November 2023

**Time**  7.30am-8.30am

**Case Presenter** Dr Katherine Graham

**Case Summary**

* Sally – 54
* Presents with a UTI – 3rd time this year.

**PHx:**

* 2x Caesarian sections
* Hypertension
* GDM in pregnancy
* DVT following an ankle fracture

**Meds:**

* Perindopril 2mg

**Family History:**

* Sister – breast cancer age 42
* Mother – breast cancer age 56

**Screening:**

* UTD with cervical screening – last done last year (GP collected)
* Mammogram done earlier this year
* Lipids / sugars normal

**What do you need to know pause point**

* Some stress incontinence at times – mainly with cough / sneeze, worse with UTIs
* Has to get up at night to urinate
* Had some issues with incontinence before menopause but felt worse since, not sure if this was because the menstrual cups she used to help
* No dragging / pelvic pain or bulging at introitu
* Last period age 51, vaginal dryness, some mood changes, occasional flushes
* Reluctant to consider HRT due to family history
* C/S delivery due to failed ventouse, large babies
* Last CST – in notes:  cervix difficult to visualize due to anterior wall prolapse.

**Question to the group**

**Sally is unaware of her prolapse – is it worth worrying about?**

**How much risk is vaginal oestrogen for people with only a family history of Ca**

**Should she have bladder function tests / u/s before pelvic floor physio?**

**Questions to explore.**

1. What does she want?
2. Any safety issues and personal and relationship and use of accessory devices?
3. Have her bowel actions changed?
4. Does she have trouble emptying her bladder?
5. What does she know about vaginal oestrogen? Does she know about the risks of it? Has she done much research on it? What is her perspective on vaginal oestrogen
6. Does she have an elevated BMI?
7. Has she tried pelvic floor exercises in the past?
8. Does she use lubricant with intercourse?
9. Is it the same bacteria which is causing her UTIs?
10. How is she washing herself (soaps)?
11. How is she wiping herself – avoiding cross contamination?
12. Are there any problems with sleep apnoea?

**Key recommendations**

1. Avoid cross contamination
2. Post void residule – double voiding
3. Ensure good fluid intake – but adjusting the time, stop 1.5 liters
4. Adjust sleep
5. If prolapse is minor – lean forward when voiding to assist with emptying the bladder
6. Take a daily dose of D-Mannose (sugar)

**Resources**

New to HealthPathways?​

Visit <https://westvic.communityhealthpathways.org/> and select ‘register now’​

|  |
| --- |
| [Menopause](https://westvic.communityhealthpathways.org/12236.htm) |
| [Urinary Incontinence in Women](https://westvic.communityhealthpathways.org/12295.htm) |
| [Pelvic Organ Prolapse](https://westvic.communityhealthpathways.org/12268.htm) |
| [Persistent Pelvic Pain](https://westvic.communityhealthpathways.org/13407.htm)  **Referral** |
| [Continence Specialist Services](https://westvic.communityhealthpathways.org/12396.htm) |
| [Non-acute Gynaecology Assessment (> 24 hours)](https://westvic.communityhealthpathways.org/41408.htm) |
| [Acute Gynaecology Assessment (Same day)](https://westvic.communityhealthpathways.org/41417.htm) |

[D-mannose vs other agents for recurrent urinary tract infection prevention in adult women: a systematic review and meta-analysis](https://www.sciencedirect.com/science/article/abs/pii/S0002937820306049)

[Treatment options for pelvic organ prolapse](https://www.safetyandquality.gov.au/sites/default/files/2020-01/treatment_options_for_pelvic_organ_prolapse_pop_-_transvaginal_tv_mesh_-_information_for_consumers_patient_resource.pdf)

[Treatment options for Stress urinary incontinence](https://www.safetyandquality.gov.au/sites/default/files/migrated/Treatment-Options-SUI-Consumer-Info.pdf)

[Australasian Menopause Society](https://www.menopause.org.au/)

[Australasian Menopause Society score card for your toolkit:](https://www.menopause.org.au/hp/information-sheets/ams-symptom-score-card)

[Jean Hailes for Women’s Health](https://www.jeanhailes.org.au/)

[Menopause Videos for patients](https://www.menopause.org.au/health-info/menopause-videos)