

# Perinatal Pelvic Health Project Engagement

## Engagement Assurance Committee

### **Monica Franklin**

Project Manager Perinatal Pelvic Health Service  
SEL Local Maternity and Neonatal System (LMNS)

23 January 2023

# This presentation will cover

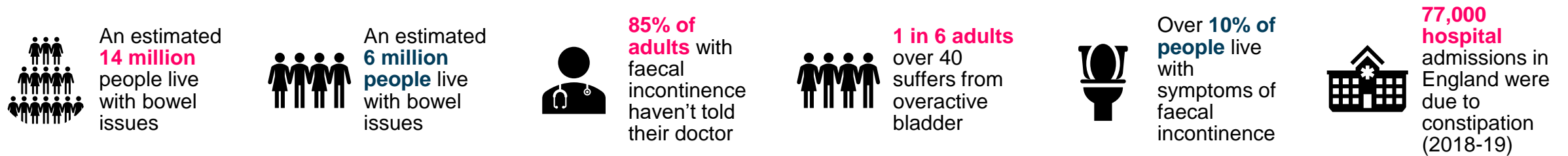
• Why do we need to talk about pelvic health	<b>Slides 3-4</b>
• Perinatal Pelvic Health Services national and local drivers	<b>Slides 5-8</b>
• How we engaged with women and birthing people	<b>Slides 9-10</b>
• Emerging themes from our engagement	<b>Slides 11-13</b>
• How the engagement informed the implementation of SEL Perinatal Pelvic Health Service	<b>Slides 14-15</b>
• Feedback from some of the services developed from the engagement	<b>Slides 16-17</b>
• Further engagement sessions and collaboration	<b>Slides 18-19</b>
• Our challenges and achievements	<b>Slides 20-21</b>
• Our next steps	<b>Slide 22</b>

# Pelvic Floor Dysfunction. Why is it an issue?

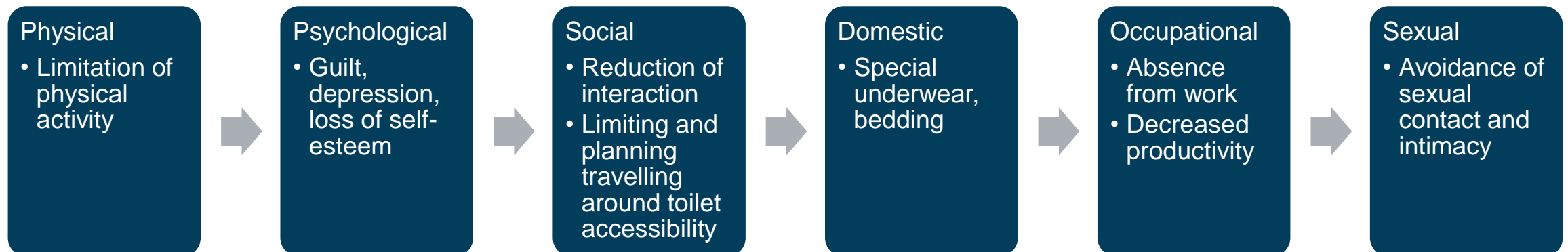
## Pelvic Floor Dysfunction (PFD)

- Relaxing PFD (urinary incontinence, faecal incontinence and or pelvic organ prolapse)
- Non-relaxing PFD (impaired the ability to evacuate urine or stool, sexual dysfunction, pelvic pain)

## Pelvic Floor Dysfunction- The UK Picture



## Pelvic Floor Dysfunction- Quality of Life



# Risk Factors for Pelvic Floor Dysfunction (NICE, 2021)



**Modifiable Risk Factors**

- A body mass index (BMI) over 25 kg/m<sup>2</sup>
- Smoking
- Lack of exercise
- Constipation
- Diabetes




**Non-Modifiable Risk Factors**

- Age
- Family history of urinary incontinence, overactive bladder or faecal incontinence
- Gynaecological cancer and any treatments for this
- Gynaecological surgery



**Pregnancy Related**

- Being over 30 years when having a baby
- Having given birth before their current pregnancy



**Birth Related**

- Assisted vaginal birth (forceps or vacuum)
- A vaginal birth when the baby is lying face up
- Pushing for more than 1 hour
- Injury to the anal sphincter during birth

# Establishment of perinatal pelvic health services (PPHS)

## Incidence of Pelvic Health Issues during the perinatal period and number of potential women affected in SEL



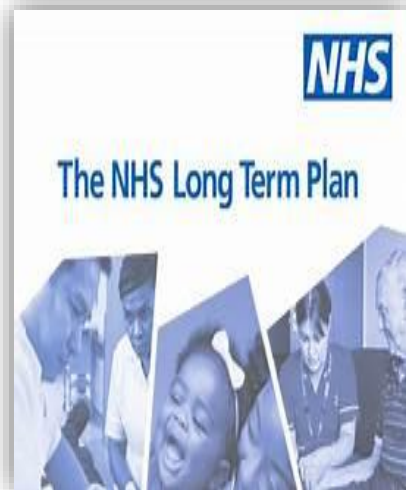
**1 in 3 will experience some form of urinary incontinence after childbirth**  
**6,500 women in SE LMNS**



**1 in 10 will experience faecal incontinence**  
**1,933 women in SE LMNS**



**One in twelve will experience organ prolapse**  
**1,611 women in SE LMNS**



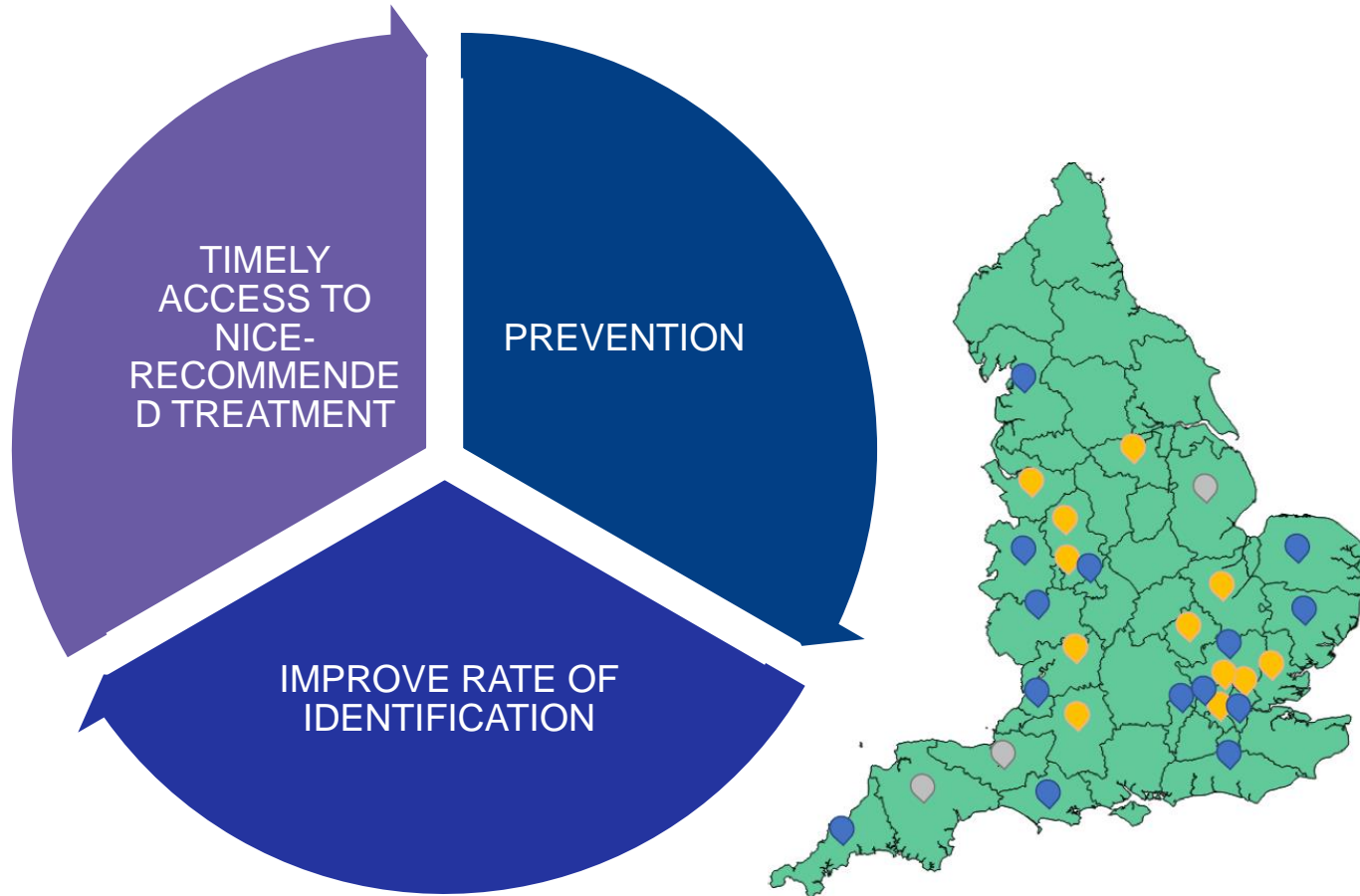
## Recommendations:

- Conservative measures must be offered to women before surgery.
- Pelvic Floor Physiotherapy cannot match current demand (2020)
- Identification of gaps in the workforce
- Coordinated strategy to address the gaps

## Government Response:

- To improve access to postnatal physiotherapy for women who need it to recover from birth.
- All women to have access to multidisciplinary pelvic health care across England by 2024
- Establishment of Perinatal Pelvic Health Services (PPHS)
- PPHS will recruit additional specialist physiotherapists and midwives locally and provide additional training to maternity staff to improve the prevention, identification and treatment of pelvic floor dysfunction in the perinatal period

# The Role of Perinatal Pelvic Health Services (PPHS)



**Early Implementers and Fast Followers PPHS in England**

## Objectives:

1. Develop and implement a comprehensive model of care which delivers a personalised approach to pelvic health conditions during the perinatal period
2. Offer women support to build knowledge, skills and confidence to manage their pelvic health condition during the perinatal period
3. To support clinical staff to build knowledge, skills and confidence to manage women with pelvic health conditions during the perinatal period
4. Increase awareness of pelvic health conditions and its management to women, clinicians and the wider community.

# Background – SEL LMNS HNA 2021

In south east London...

**1 in 10**   
are **smoking** at delivery

There is a **disproportionate amount** of Asian women experiencing **3<sup>rd</sup> and 4<sup>th</sup> degree tears** in labour compared to white women

 **37.5%**  
of women and birthing people are **overweight or obese**



**23,205** births in 2021

**1 in 4** 

women and birthing people are over the **age of 35**

**90%** of babies are breastfed at birth

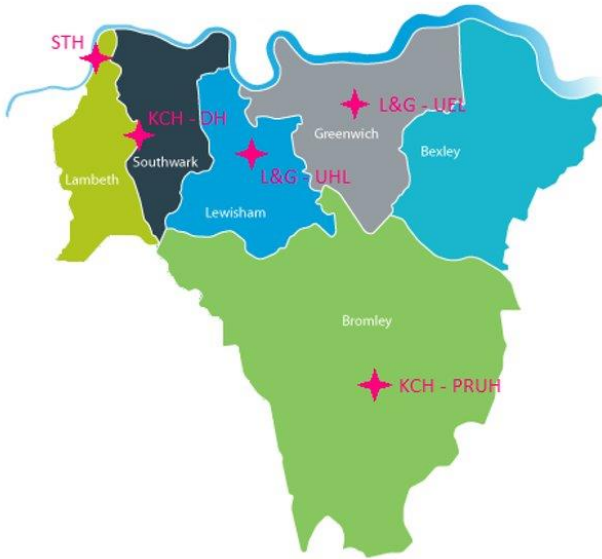
There are **disproportionate rates of stillbirth** between **Black and White** women and birthing people

Only **72%** of women and birthing people are booked by 10 weeks gestation



# Provision of Pelvic Health Services in SEL

GAP analysis of services & Education on pelvic health on the perinatal period.

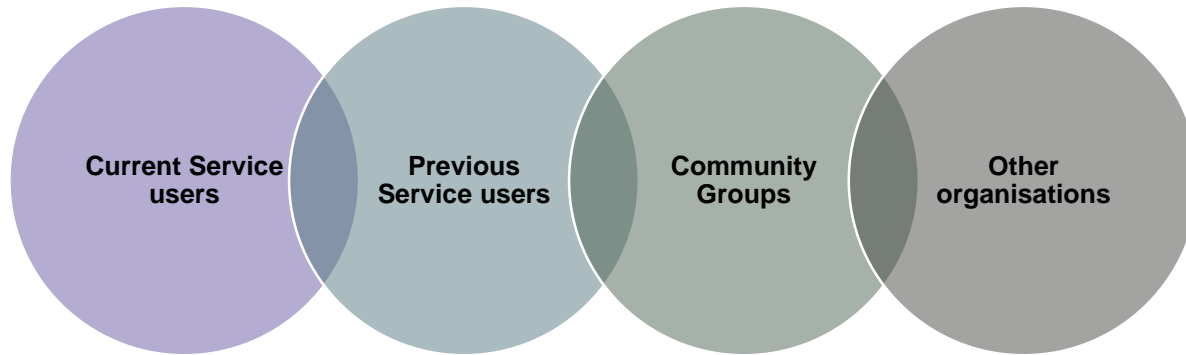


- 6 boroughs
- 3 Acute Hospital Trusts
- 5 Maternity Hospitals- including 2 tertiary hospitals
- High levels of deprivation in some areas
- Ethnically and socially diverse
- Total number of births 25,471

Trust	OASI Clinics/perineal clinic	Pelvic Health Physio	Pelvic Health Staff	Education and Training	Referrals
GSTT	<ul style="list-style-type: none"> <li>• Interprofessional OASI clinic (Physio, clinical scientist, obstetrician)</li> </ul>	<ul style="list-style-type: none"> <li>• Inpatient</li> <li>• Outpatient (All women booked for care at GSTT)</li> <li>• PN outpatient women in area.</li> <li>• Antenatal Pelvic Floor classes</li> </ul>	Pelvic Health Team (6.32 FTE B4-B8)  Perinatal Pelvic Health Physio: <b>3.38 FTE</b>	Only for Midwives  Mandatory: Peaches Bladder care.  One off: Suturing	979
KCH (PRUH & DH)	<ul style="list-style-type: none"> <li>• Perineal Clinic at PRUH (Obstetric led)</li> </ul>	<ul style="list-style-type: none"> <li>• Outpatient only (urogynae led)</li> </ul>	Pelvic Health Team (2.96 FTE B7-B8)  Perinatal Pelvic Health Physio: <b>1.0 FTE</b>	Only for Midwives  Mandatory: OASI  Monthly: Bladder care	130
LGT (QE, UHL)	<ul style="list-style-type: none"> <li>• OASI clinic (Obstetric led)</li> </ul>	<ul style="list-style-type: none"> <li>• Outpatient only (physio led)</li> <li>• PGP classes</li> </ul>	Pelvic Health Physio (13.44 FTE B4-8)  Perinatal Pelvic Health <b>2.92 FTE</b>	Only for Midwives  Mandatory: OASI	727



# Engagement with women and birthing people



## Objectives:

1. Offer women and birthing people support to build knowledge, skills and confidence to manage their pelvic health condition during the perinatal period;
2. Increase awareness of pelvic health conditions and its management to women, clinicians and the wider community

## Identifying Community Groups (Joint strategic needs analysis data from 6 local authorities)

- **Bexley:** Punjabi, Lithuanian
- **Bromley:** Polish, Traveller community
- **Greenwich:** Albanian, Urdu and Vietnamese
- **Lambeth:** Portuguese/Spanish, Arabic and Somali
- **Lewisham:** Tamil, Mandarin and Yoruba
- **Southwark:** Spanish, Portuguese, Turkish and Bengali

In the UK, a third- or fourth-degree tear occurs in about 3 in 100 women having a vaginal birth. It is more common with a first vaginal birth, occurring in 6 in 100 women, compared with 2 in 100 women who have previously had a vaginal birth

## Percentage by age and ethnicity of women experiencing 3-4 Degree tears (Q2 2022)

Ethnicity/Age	19-24	25-29	30-34	35-39	40-44	Total
African	5	1.33	1.14	0.00	0.00	1.12
Any other Asian background	0.00	6.82	0.00	0.00	4.76	3.85
Any other black background	0.00	0.00	0.00	0.00	20	1.59
Any other ethnic group	0.00	1.89	2.22	1.28	3.7	1.77
Any other white background	4.76	0.58	2.30	0.98	1.09	1.57
Bangladeshi	0.00	3.13	0.00	0.00	0.00	1.39
British	0.00	2.4	1.13	1.39	0.00	1.24
Caribbean	2.0	2.33	3.85	0.00	00.00	2.09
Chinese	0.00	12.50	0.00	0.00	0.00	0.97
Indian	16.67	0.00	3.37	5.0	0.00	4.00
Total	2.12	2.18	1.63	1.16	1.37	1.60

# Pelvic Health Engagement Sessions delivered



**Te invitamos a participar de dos charlas informativas sobre salud femenina**

**SALUD DEL PISO PÉLVICO**

¿Tienes incontinencia cuando ríes o toses? ¿Has tenido un bebé en los últimos 5 años?

Accompañanos en esta sesión informativa donde aprenderás a gestionar tus problemas y a obtener ayuda cuando la necesites.

**ATENCIÓN PRENATAL**

Estás embarazada o planeando un embarazo?

Únete a esta charla con una matrona del NHS que te informará sobre las opciones de atención durante esta nueva etapa.

**JUEVES 23 DE JUNIO**  
DE 6 a 7.30 PM  
Actividad gratuita y online

**JUEVES 30 DE JUNIO**  
DE 6 a 7.30 PM  
Actividad gratuita y online

Más información: 077 4678 4382  
outreach@lawrs.org.uk

**Our Healthier South East London**

**VIRTUAL COFFEE MEETING**

"Why do I pee myself when I laugh or cough?"

Claire Lambeth and St Thomas MVP Chair  
Founder of Prosperity  
Co-founder of Five X More

Monica Franklin  
Project Manager Pelvic Health  
Senior Midwife  
South East London Local Maternity System

Paula Igualada-Martinez  
Clinical Lead  
Advanced Clinical Practitioner in Pelvic Health Physiotherapy  
Guy's & St Thomas' Hospital

Do you want to learn about your pelvic health and how to manage your issues?  
Join us  
29 March 2022  
11.00AM - 12.30AM

**zoom**  
Meeting ID: 952 7785 6510  
Passcode: V4KQQA

**Our Healthier South East London**

**NHS**

¿Tienes pérdidas de orina cuando ríes o toses? ¿Has tenido un bebé en los últimos 10 años?

¿Quieres aprender sobre la disfunción de suelo pélvico?

Pues únete a esta reunión virtual el 13 de Octubre. Aprenderas como manejarla y como obtener ayuda y apoyo

**El 13 de Octubre 2021 10:00am a 11:00am**  
**Esta sesión es solo para mujeres**

Entra a la reunion por este enlace [click aquí](#)

Si desea unirse por telefono marca desde tu ubicacion [click aquí](#)  
+44 330 088 5830 - +44 203 481 5240 - +44 203 901 7895  
Meeting ID: 813 4745 7951  
Passcode: 613278

TUESDAY 7TH DECEMBER 2021 - 10:30AM

**HEALTH CLINIC**  
FOR WOMEN AT LEWISHAM ISLAMIC CENTRE

DO YOU PEE WHEN YOUR LAUGH OR COUGH?

HAVE YOU HAD A BABY IN THE LAST 10 YEARS?

PLEASE JOIN US FOR A PELVIC HEALTH TALK  
LEARN ABOUT HOW TO GET HELP & SUPPORT

The Community Building  
363-365 Lewisham High St - London SE13 6NZ

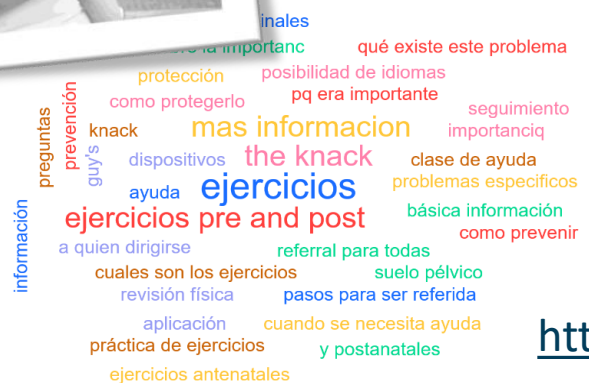
90 women engaged in virtual/f2f sessions

- Lewisham Islamic Centre
- Indoamerican Refugee and Migrant Organisation IRMO (Lambeth)
- Latin-American Women's Rights Service LAWRS (Southwark)
- Mindful Mums (Lewisham, Greenwich, Bromley)
- Refugee Resettlement Programme by Refugee Council (Lewisham)
- MASIC
- Strategic Migration Partnership East of England Local Government Association
- Five Times More
- Local Maternity Voices Partnership Groups

- Virtual coffee mornings were delivered by zoom.
- The session was run by the Pelvic Health Physio and Midwife
- A service user and or a representative from a local group was also present.
- The sessions were informal and offered a safe space to share experiences of care for women who delivered a baby in SEL over the previous 5 years.
- Women were also shown how to do pelvic floor muscle training and how to women, and how to self-manage their condition.
- Advise on how to refer to local services was also given.
- Information how to access pelvic health information in various languages was also given.

# Findings from the Engagement with the Latin-American Community

De qué problema sufrió después del embarazo?



- Information & Support
- Interpreters
- Access
- Leaflets

- UK Maternity Health System.
- Confusion roles
- Pelvic Health Physios
- Connection other Healthcare Issues

<https://www.youtube.com/user/LAWRSUK>

# Findings from the SEL Pelvic Health Survey

**52% women experienced urinary incontinence**

**49% experience problems holding wind**

**12% of women suffered from faecal incontinence**  
1 woman out of 138 was incontinent all the time.

**27% women experienced prolapse symptoms**

**33% of women experienced pain during and or after sex**

- Online survey was women currently pregnant or who have given birth within the last 5 years.
- 195 responses
- The survey was open from 26<sup>th</sup> of January-1<sup>st</sup> of March 2022
- A link was distributed via text message to all women booked for maternity care and or given birth at GSTT and KCH
- LGT promoted the survey via Edie E-midwife and online maternity pages

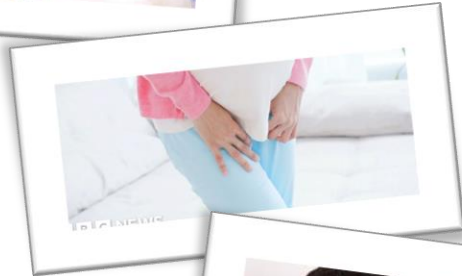
49%



Yes, I felt very ignored. I felt like after I gave birth I was just put aside and my health needs were just overlooked.

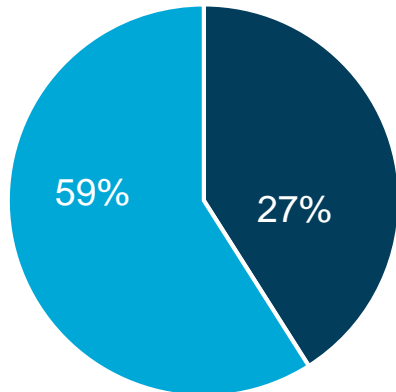
Yes. No advice just that it's something I have to go through

20%



Yes. But they told me it was normal

**Women who spoke to HCP about Pelvic floor dysfunction**



■ yes ■ no



14%



# Recommendations from women and birthing people



## Information

- Information about what is normal and not normal after birth.
- How to get help
- Exercise plan
- Information during pregnancy about pelvic health
- Wound healing and recuperation
- How to look after the stitches



## Examination

- Assessment of Pelvic Floor
- Perineal tear checking at various point in the postnatal period including the 6 week GP check.



## Support

- Access to NHS Physio
- Support during pregnancy
- A few Physio sessions after birth
- How to do PFMT and how frequent
- Other forms of help apart from offering pelvic floor exercises

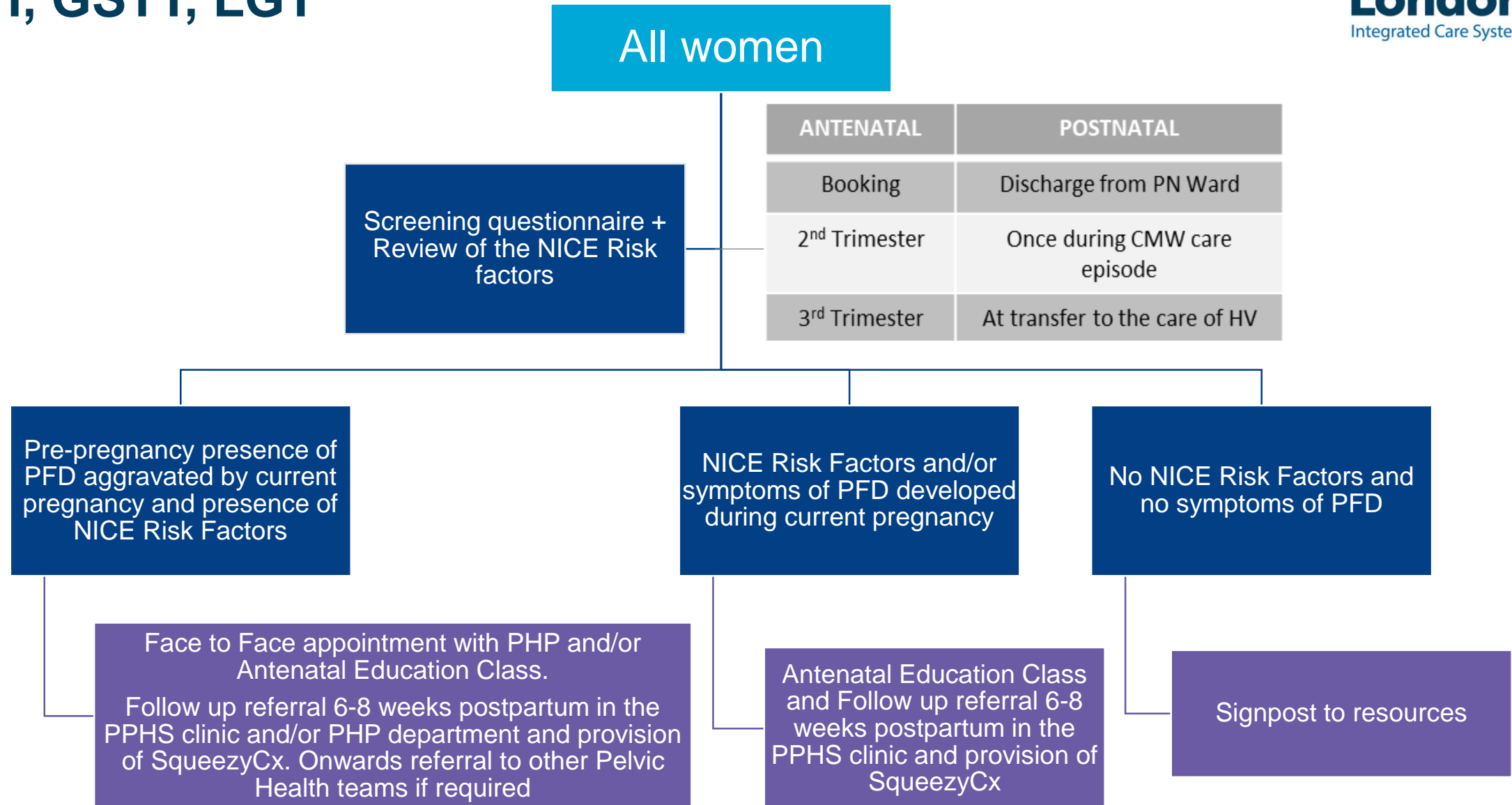
Ask at every appointment

**I feel more awareness raising on pelvic health during/after pregnancy, that consequences are not inevitable**

**Talk about sex and how it's okay to still have fun, and enjoy your bits even if there's a bladder prolapse**

**NHS staff could have more training towards this**

# Implementation of a Standard Clinical Pathway across KGH, GSTT, LGT



# Other PPHS development based on feedback

What we heard	What we did
<ul style="list-style-type: none"> <li>•People do not seek help for pelvic health issues because it is embarrassing, and the media normalises incontinence.</li> </ul>	<ul style="list-style-type: none"> <li>•We developed four sensitive questions that are asked at booking and a various points before and after the birth to support people opening up about their pelvic health issues</li> </ul>
<ul style="list-style-type: none"> <li>•If they have the courage to speak up the response received from health care professionals was not sensitive or they were just told the issue was normal.</li> </ul>	<ul style="list-style-type: none"> <li>•We developed a training package for health professionals (GPs, health visitors, midwives, and doctors) to ensure they learn to identify pelvic floor issues but also use patient's stories provided by people who have experienced pelvic health issues to highlight the impact on their lives.</li> </ul>
<ul style="list-style-type: none"> <li>•Pelvic health information and resources are not always available in their language.</li> </ul>	<ul style="list-style-type: none"> <li>•We supported the translation of 11 pelvic health videos in their on multiple languages. We also translated our surveys into languages from women who are disproportionately affected by worst pelvic health outcomes because of their ethnicity.</li> </ul>
<ul style="list-style-type: none"> <li>•People want to learn how to prevent the issues before it happened and want to know where to seek help.</li> </ul>	<ul style="list-style-type: none"> <li>•We developed antenatal pelvic health classes for women to understand how to look after their pelvic health issues, how to prevent and self-management issues and how to refer to our specialist clinics.</li> </ul>
<ul style="list-style-type: none"> <li>•There were not services available and/or the waiting list was long.</li> </ul>	<ul style="list-style-type: none"> <li>•We recruited a specialist physio and specialist midwife who now are able to see women and birthing people from the antenatal period all the way up to 12 months. They can also refer into more specialist services if they require further treatment.</li> </ul>



[www.selondonics.org/pelvic-health-videos](http://www.selondonics.org/pelvic-health-videos)



<https://letstalkhealthandcareselondon.org/nhs-perinatal-pelvic-health-services>

# Feedback from our Pelvic Health Classes

It was nice class/session in small group - which I really liked. Gives more opportunities to be open and ask questions. Looking forward for new classes designed only for postpartum. I will highly recommend this class to my friends. Thank you

Great class. Learnt about pelvic health but also more about what to expect in childbirth. Warnings for more graphic elements were also appreciated!

Thank you so much for organising it. It's so important and empowering to feel supported through the pregnancy. I hope more women would be able to join in next time and get access to the information and also ask questions, which is very important.

82% of people attending found the structure of the class helped them learn easily

84% people found the content of the class easy to understand

79% people found the class interactive and engaging

22% of those attending the class knew how to look after their pelvic health before attending

89% felt the class gave help them to feel more confident in their knowledge of pelvic floor symptoms and how to find advice and support

98.8% felt more confident about what to do to reduce the risk of pelvic floor issues after the class.

92% feel more confident about how to do pelvic floor muscle training

94% feel the class has motivated them to practise pelvic floor muscle training





# Further Engagement Sessions and Collaboration

**CHARLA INFORMATIVA SOBRE LA ATENCIÓN PRENATAL EN EL REINO UNIDO**

Estás embarazada o planeando un embarazo?


Únete a esta charla con una matrona del NHS que te informará sobre las opciones de atención durante esta nueva etapa.

Actividad gratuita y online

**JUEVES 30 DE JUNIO**

**DE 6 a 7.30 PM**

Enlace de inscripción:  
<https://charla-atencion-prenatal.eventbrite.co.uk>



Más información: 077 4678 4382  
outreach@lawrs.org.uk

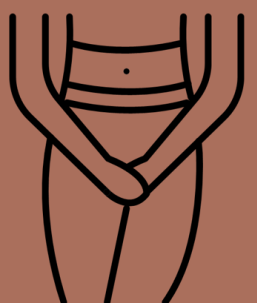


Open Workshop Roma community East London

**FIVEXMORE** South East London

Project Manager: Monica Franklin (RM)  
Clinical Lead: Paula Igualada-Martinez (Advanced Clinical Practitioner in Pelvic Health Physiotherapy)

## Pelvic Health



**Advocacy Month campaign with Five X More to amplify the voices of Black Women**

Virtual session on pre-conception and antenatal care in the UK (27 women)  
<https://www.youtube.com/user/LAWRSUK>



Wellbeing event Mental Health, Pelvic Health & Menopause. Included a bus for BP checks

**COFFEE MORNING BIENESTAR FÍSICO Y EMOCIONAL DE LA FAMILIA**

Abordaremos problemas comunes de salud física y emocional; prevención y manejo de incontinencia, depresión y ansiedad.

Hablaremos con profesionales de salud del NHS que incluyen fisioterapeuta, matrona y profesional de terapias psicológicas.

**16** DICIEMBRE

10:00 A.M. A 12:00 M  
Unit 9, Warwick House  
Overton Road, SW9 7JP

Tendremos refrigerios Sin registro



South East London NHS Lewisham Talking Therapies

**THE MUMS CLUB** DIT South East London

The Motivational Mums Club presents



*Mummas Together Group*  
For Black and Brown Mums

at The Danson Centre  
Brampton Road  
Bexleyhealth  
DA7 4EZ.

Every Wednesday from  
13 September 2023  
10am to 12pm.

Get help accessing prenatal services  
1-2-1 appointments

Meet other Mums  
Breakfast provided  
Register on Eventbrite

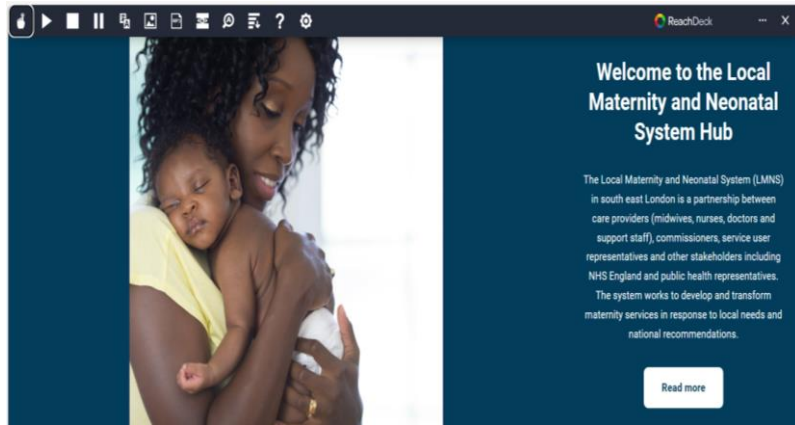




"A morning to bring life & experiences together to improve on care for Black and Brown Mums."

Pelvic health Awareness event at Mummas Together in Bexley

# Other collaborations

## SEL Engagement Hub






**Improving perinatal pelvic health care in South East London**

In South East London we are working together with people and local communities to transform an...


[View Project](#)



**Share your infant's feeding journey**

The Local Maternity and Neonatal System (LMNS) in south east London is working to implement a ...

[View Project](#)



**Working with local organisations to improve maternity health**

Our antenatal maternity and services are keen to build an open dialogue with women and birthing ...

[View Project](#)

[Maternity and Neonatal Services | Let's Talk Health and Care South East London](https://letstalkhealthandcareselondon.org)  
[letstalkhealthandcareselondon.org](https://letstalkhealthandcareselondon.org)

## SEL LMNS monthly Parent Education sessions

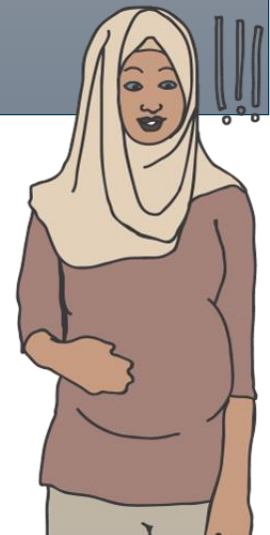
### COMPLETED:

- Extensive consultation across services and service users in S/E London
- Focus on signposting, pregnancy screening, rights/choice and practical antenatal, intrapartum and postnatal information
- Slide deck completed and gone through design process
- Evaluation and follow-up resources developed

### NEXT:

- Translation of slide decks
- Identification of facilitators and training
- Implementation of sessions

Spanish  
Portuguese  
Somali  
Romanian  
Arabic  
French



# Our Challenges and achievements

## Challenges



## Achievements



Maternity and Neonatal Conference  
NHS (Leeds, March 2023)

1357

- Women and birthing people attended our classes

887

- Number of women who attended for the first time appointment

564

- The number of women who had follow up appointments

1641

- Number of midwives, doctors, support workers who attended mandatory training

# Our Challenges and achievements



London midwives who started 'ground-breaking' training for colleagues win coveted RCM award

Paula Iguarada-Martinez and Monica Franklin attended the **International Continence Society** Annual Scientific Meeting in September and presented:

1. A Workshop about the Management of Obstetric Pelvic Floor Disorders: SEL LMNS versus the Cleveland clinic in USA!
2. An Abstract: Online survey of women's experiences of prevention, identification and management of pelvic floor dysfunction in the perinatal period.
3. The results of an international survey to Pelvic Health Physiotherapists about the way Physiotherapists train in intimate examinations.

International continence Society Conference  
(Toronto, September 2023)

## National pelvic health service to support women

Maternity and neonatal services nationwide will be required to support and inform women who experience trauma during childbirth.

## National pelvic health service to support women - GOV.UK ([www.gov.uk](http://www.gov.uk))

SEL has been chosen as a case study on NHSE national implementation guidance for the National Launch of PPHS services which will launch in England in April 2024

# Our next steps

Ensure that PPHS meets the national service specification

Dedicated website for Pelvic Health Services

Transfer of PPHS to local maternity services

Contribute to the Equity and Equality plans for our Local Maternity and Neonatal System

Launch of Support group for women with obstetric injuries in collaboration with MASIC

Ensure that Pelvic Health Training remains mandatory for midwives across SEL

**Any questions?  
Thank you for listening**