

PROPEL

Pelvic Organ Prolapse and evidence based models for delivering Pelvic Floor Muscle Training in the NHS

Join us in Glasgow or London for a free one day national dissemination event delivering the latest findings from research and practice!

Who should attend: *Healthcare Practitioners (HCPs) and service managers with an interest in women's pelvic health and women impacted by these issues* (including continence services, urogynaecological services, physiotherapists, primary care practitioners (GPs and nurses), community and hospital based services).

Pelvic Organ Prolapse (POP) is estimated to affect 41%-50% of women aged over 40. **Pelvic Floor Muscle Training (PFMT)** is an evidence based intervention for reducing symptoms of prolapse and improving women's quality of life. However, current service provision is limited and variable across the NHS. The PROPEL study has been funded by the National Institute for Health Research to evaluate different models of delivering PFMT for Pelvic Organ Prolapse to increase access for women.

The event:

At this event you will hear from several NHS services about how they currently deliver services and how some services trained different health care professionals at various levels to increase capacity. An overview of the training will be presented. You will also hear about the research: the barriers and facilitators to making change happen; different HCP views and experiences of training and delivering PFMT; how referral pathways were re-configured to accommodate the new models; the outcomes for women from these different models of delivery; a cost/benefit analysis of the different models; and new findings about the long term impact of PFMT for conservative management of prolapse.

Interactive workshops will be used to facilitate discussions of what these research findings could mean for service planning/change in your area. They will offer the chance to meet and discuss models for the provision of PFMT with front-line services who have already made change happen.

To join our event in **London on the 12th February 2019** at the Mary Ward House Conference and Exhibition Centre [CLICK HERE](#)

To join our event in **Glasgow on the 19th February 2019** at the Lighthouse, Mitchell Lane [CLICK HERE](#)

Places will be allocated on a first come first served basis – click now to reserve your place.