



Education Provision for Women

This provision could be delivered through multiple ways including Face to face sessions, online, recorded information in multiple languages, leaflets and digital content pushed out with online platform of the LMNS/Trust website and badgernet. Provision for women who do are not English speaking needs to be considered within this, including any leaflets to have accurate translations available. The option for an online version of the provision/ educational video can be explored by individual trusts if services allow to enable the classes to be more accessible.

RAG Criteria (to be decided and based on national guidance)

Antenatal Green Criteria: No Risk No Symptoms

Antenatal Amber Criteria:

- BMI >35
- Multiple Pregnancy
- Previous OASI
- Previous Shoulder Dystocia
- Previous Baby >4.5kg
- History of Prolapse
- Family History of pelvic floor dysfunction
- Gynae Cancer
- Gynae Surgery effecting pelvic floor
- Chronic Respiratory disease and or cough (COPD)
- Diabetic women
- EDS/Hypermobility/Fibromyalgia
- History of PGP
- Current symptoms of PGP
- History of Prolapse
- Multiple Pregnancy
- Previous Anal Fissure
- Haemorrhoids
- Previous Perineal Trauma/Episiotomy

Antenatal Red Criteria:

- Incontinence (bladder or bowel)
- Dyspareunia
- Current Prolapse



- Vulvodynia/Vaginismus/Vestibulodvnia
- PGP affecting mobility
- Moderate /severe symptoms of PGP affecting daily activities

Provision to be rolled out for each group antenatally:

Green: All pregnant women, signposted to online videos/leaflets and information via the Trust and LMNS website – This could be pushed out on badgernet at key points of pregnancy:

- Booking appointment
- Following 16 week appointment and completion of the full pelvic health questionnaire.
- 28 week appointment
- 34 week appointment
- 37/38/39/40 appointments reiterate information regarding OASI if appropriate

Amber: Group information session delivered by a Specialist Physiotherapist and Specialist Midwifery for Pelvic Health. During this session a condensed survey can be answered and anyone highlighted to need a follow up appointment will be referred to the physiotherapy service.

The group session would cover the following topics:

- General Pelvic Health information (including diet, hydration, bladder/bowel care)
- Pelvic Floor Exercises/Pelvic Floor Muscle Training
- Back and Pelvis Information
- Promotion of general exercise in pregnancy (including walking groups, aquanatal etc run by the trust and family hubs)
- Recognising when to seek help for pelvic dysfunction

Red: All women will be offered the above group session to cover the fundamental elements of pelvic health and they will also be offered a one-to-one appointment with the physiotherapy team (telephone or face to face). An individualised plan can then be made at the physiotherapists discretion for follow on appointments as required. Subsequent referrals to the pelvic health midwife can be made if any midwifery related issues are highlighted such as previous birth trauma, tocophobia, mental health issues or further pregnancy related conditions during these appointments.



Antenatal Labour Information Group

Antenatal Labour Information group offered at gestation most acceptable deemed by individual trusts: Group information session delivered by a Specialist Physiotherapist and Specialist Midwifery for Pelvic Health. All amber and red women are invited and women in the green banding can self-refer to the sessions if they wish to. (This session is open to all pregnant women regardless of dependency but will be capped at a limited capacity.

- Pelvic Floor Exercises/Pelvic Floor Muscle Training
- Preparation for labour and birth (perineal massage)
- Positions for Labour and delivery
- OASI
- Perineal massage
- Postnatal care of wounds
- Recognising signs of infection
- Recognising when to seek help for pelvic dysfunction
- Promotion of exercise postnatally and promotion of the postnatal walking group ran by the community care assistants and the family hub sessions.

To link with family hubs, groups such as NCT and charities in local area to link with free accessible sessions for women to continue antenatal education.

Postnatal Provision

Postnatal Green Criteria: No Risk No Symptoms

Postnatal Amber Criteria:

- Birth with forceps or ventouse
- OP position (A vaginal birth when the baby is lying face up)
- A prolonged second stage
- Large Baby, >90th centile/>4.5kg
- Complex 2nd degree tears
- Complex episiotomy
- Any woman who highlighted to have a wound infection.

Postnatal Red Criteria:

- OASI All levels of tear 3rd/4th.
- Prolapse
- Any tears referred to acute services for breakdown



Provision to be rolled out for each group postnatally:

Green: All postnatal women, no risk no symptoms: Information leaflets pushout out to these women via badgernet and midwifery contacts and awareness of signposting for safety netting is risk or symptoms change during the postnatal period and up to one year. Highlighting to women how to self-refer from in this period.

Key points to deliver the information are:

- Prior to discharge on the postnatal ward/labour ward
- First day home postnatal check
- Discharge from community midwifery care.
- 5 weeks postnatal prior to 6/8 GP check (this would be to remind women about Pelvic Health services and the assessment that should take place at the 6/8 week GP check).
- Information leaflets and videos:
- Pelvic Floor Exercises/Pelvic Floor Muscle Training
- Postnatal care of wounds
- Recognising when to seek help for pelvic dysfunction
- Promotion of exercise postnatally and promotion of the postnatal walking group ran by the community care assistants and the family hub sessions.
- Awareness of birth reflections service
- Awareness of information available prior to (preconception) or during subsequent pregnancies.

Amber: Group postnatal Session delivered by a Specialist Physiotherapist and Specialist Midwifery for Pelvic Health at 4-6 weeks.

Information to be delivered:

- Pelvic Floor Exercises/Pelvic Floor Muscle Training
- Postnatal care of wounds
- Recognising signs of infection
- Recognising when to seek help for pelvic dysfunction
- Promotion of exercise postnatally and promotion of the postnatal walking group ran by the community care assistants and the family hub sessions.
- Awareness of birth reflections service
- Awareness of information available prior to (preconception) or during subsequent pregnancies.

Red: Invitation to postnatal group session as documented above in addition to individual follow up (telephone or face to face) as required through the one stop shop. Details of criteria and outline of this clinic as documented.



Inpatient Postnatal Education:

Presence across the maternity unit for inpatient education and support with any antenatal ongoing pelvic health issues within pregnancy the postnatal period including wound care. Delivered by physio, MW or AMP/MCA.

Additional resources and time given to those women within the highlighted at risk categories and the PHHS criteria to be reviewed postnatally by MW OR Physio).