

The questions discussed at the final workshop for Pessary use for Prolapse PSP, 8 September 2017.

Uncertainty	Explanatory note	Final rank of the uncertainty	Existing evidence
How might a pessary affect sexual activity?	<p><i>Sexual activity is a key component in pessary use for prolapse. When deciding which pessary to use a clinician will ask whether the woman plans to be sexually active, and the answer will affect which pessary type can be chosen. Additionally, it is known that clinicians may choose not to fit a pessary in a woman who is sexually active, particularly if self-management of the pessary is not an option in that clinic. Future research needs to answer what the best pessary protocol is for those who are sexually active. examples: Will my husband be able to detect my pessary? Can I still have penetrative sex? Do different pessaries affect sexual function?</i></p>	1	
Do pessaries have an effect on the psychological wellbeing of women?	<p><i>There has been very little research to determine what the views of women are in relation to pessary use. There are no validated questionnaires about symptoms and quality of life changes specific to pessary use available to be given to women. Women seeking help for the symptoms of prolapse have not yet been asked by research what effect treatment with a pessary has on their psychological wellbeing.</i></p>	2	

<p>What is important for a pessary self-management programme</p>	<p><i>Pessaries are widely used as a first treatment option for prolapse. Some women will be taught how to self-manage their pessary. Research is needed to help decide who can self-manage a pessary, and what is important for a safe and effective self care programme. Examples: How do I clean it? Can I wash and use it lifelong? How often will I have to take it out?</i></p>	<p>3</p>	
<p>What are the risks and complications of pessary use for prolapse?</p>	<p><i>It is widely understood that a woman using a pessary should be under regular review to avoid the complications of pessary neglect. Research has not yet provided information for clinicians and women about how best to minimise any complications from pessary use nor identified what risks exist from pessary use. Examples: Is there any risk of infection by using a pessary? Why does inserting and removing the pessary cause bleeding? Can a pessary travel further up and cause damage to my vagina?</i></p>	<p>4</p>	<p>The best available review is :Abdulaziz M et al (2015) An integrative review and severity classification of complications related to pessary use in the treatment of female pelvic organ prolapse https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4479661/</p>
<p>Are pessaries effective as a long-term treatment for prolapse?</p>	<p><i>Pessaries may be offered to women as a short term treatment option until surgery to correct the prolapse is desired or suitable. If the pessary is well tolerated and reduces the symptoms effectively, it is not known whether to offer pessary management for prolapse for as long as the women is happy with the treatment. Long term studies following women using pessaries for over 5 years are required to answer this question. Examples: How long can they be used for if there are no problems? How long would a pessary last? i.e when would it need replacing?</i></p>	<p>5</p>	

<p>What is the best way to assess what type and size of pessary to use?</p>	<p><i>Many different pessaries are available for clinicians to choose from but there is no evidence to help make the decision. Pessary manufacturers offer a guide as to which pessary works best with which type of prolapse but this has not been tested with enough studies to answer the question. Examples: Are there different sizes to fit different women? What technique of assessing for size/shape of pessary results in best fit/retention/comfort? How big can you progress with the Pessaries if they continue to fall out?</i></p>	<p>6</p>	
<p>What is the best way to minimise and treat vaginal discharge caused by pessaries?</p>	<p><i>Unwanted vaginal discharge is considered to be one of the main reasons for women choosing to stop pessary use. If future research could identify how to minimise this problem, more women might persevere with pessary treatment of their prolapse.</i></p>	<p>7</p>	
<p>Does pessary use in prolapse have a positive impact on physical activity?</p>	<p><i>Some of the questionnaires used in prolapse and pessary research ask about the impact of prolapse symptoms on quality of life but there is very little information about whether the use of a pessary will help a women to maintain an active lifestyle or encourage more activity which might help with reducing weight. Obesity is a contributing factor for prolapse so answering this question could have a significant impact for the management of prolapse, and possibly the prevention of prolapse. Examples: Can a pessary just be used for exercise? Will a pessary enable me to resume activities I have had to give up? Can pessary use during high impact exercise reduce the risk of pop [prolapse] development in postnatal women?</i></p>	<p>8</p>	

<p>When should oestrogen cream be used with a pessary?</p>	<p><i>There is a wide variation in practice across the world in relation to the use of oestrogen cream with pessaries either as routine or only when indicated by the vaginal condition. This priority could be added to future trials involving pessary use for prolapse. Examples: Does use of oestrogen creams with pessaries increase satisfaction and persistence, or decrease adverse events? Do topical estrogen improve the vaginal sensation when using pessaries? Should an oestrogen cream be used as routine, or only with atrophic changes?</i></p>	<p>9</p>	
<p>What is the ideal training to be a 'qualified' pessary practitioner?</p>	<p><i>There are no national UK guidelines or protocols to inform the training required for clinicians to be considered competent to fit pessaries. A future project to develop these guidelines would ideally include women pessary users in each stage of development. Examples: What training should be provided prior to clinicians fitting pessaries? In the UK how much training is given professionals fitting pessaries for prolapse?</i></p>	<p>10</p>	
<p>What level of prolapse will improve with the use of a pessary?</p>	<p><i>There is a lack of clarity about whether a pessary can be used as effectively for a mild or a severe prolapse although women with a severe prolapse are less likely to be offered a trial of a pessary.</i></p>	<p>11</p>	
<p>When is a pessary the right treatment for prolapse?</p>	<p><i>It is not known which treatment for prolapse should be offered at which point in a woman's life. Future research could help to identify whether all treatment options are equal at all times. Examples: When will a pessary not be beneficial?</i></p>	<p>12</p>	

<p>What is the role of physiotherapy as part of pessary management for prolapse?</p>	<p><i>Recent research has indicated that supervised pelvic floor muscle exercises (PFME) are effective in the treatment of prolapse. Specialist physiotherapists teach women how to improve their pelvic floor muscles. Knowing whether the use of a pessary in addition to PFME would improve the success of the treatment could be a cost effective and simple addition to usual care for women with prolapse.</i></p>	<p>13</p>	<p>The most relevant study is: Hagen S et al (2014) Individualised pelvic floor muscle training in women with pelvic organ prolapse (POPPY): a multicentre randomised controlled trial</p>
<p>Are pessaries effective in the treatment of prolapse?</p>	<p><i>Very few randomised controlled trials -which are considered to be the most rigorous type of research - have been conducted to enable this question to be answered. Examples: Can a pessary actually make a POP better/improve? How effective is a pessary at treating a prolapse?</i></p>	<p>14</p>	<p>The best available review is: Bugge C, Adams EJ, Gopinath D, Reid F. Pessaries (mechanical devices) for pelvic organ prolapse in women. Cochrane Database of Systematic Reviews 2013, Issue 2. Art. No.: CD004010. DOI: 10.1002/14651858.CD004010.pub3</p>
<p>Do the risks and complications of pessaries increase with long-term use?</p>	<p><i>As with the other risks and complications question, future research could help us to know whether longer term use of pessaries has any impact on the number of problems women experience with pessary use. Examples: What is the prevalence of erosions when using a pessary? Should the amount of discharge increase the longer the pessary is inserted?</i></p>	<p>15</p>	
<p>What differences does a pessary make when used to treat a prolapse?</p>	<p><i>Future research needs to provide information about how a pessary works as a treatment for symptomatic prolapse. Examples: When a pessary is inserted, does pelvic floor function improve? Can a pessary help with pain associated with POP?</i></p>	<p>16</p>	

Which pessary should be used for which prolapse?	<i>It would be very useful for clinicians to know whether one pessary was as good as another for the management of prolapse. The prices of different pessaries vary considerably and some are harder to fit than others. If the most common ring pessary was as effective in all cases of prolapse considerable savings could be anticipated.</i>	17	
What should be considered when choosing which type of pessary for use in the treatment of prolapse?	<i>Examples: How do doctors/nurses choose which pessary to fit? Size/cost/type etc? How will you know if a pessary is the best option for me? How do you decide which pessary to try?</i>	18	
Should women using pessaries be offered supervised pelvic floor muscle exercises?	<i>see question 15. Additionally, clinicians do not know whether pessaries on their own will be effective or whether the outcomes of treatment with pessaries will be improved if pelvic floor muscles exercises were added to the treatment package. Example: Is it of any benefit to continue pelvic floor strengthening exercises after receiving a pessary?</i>	19	
What things make a difference to help with long-term use of a pessary?	<i>The right guidance for helping clinicians and women to manage long term pessary use are not known including understanding whether continuous use or having 'pessary breaks' improve success rates of treatment.</i>	20	

<p>Is a pessary as acceptable as surgery for the treatment of prolapse?</p>	<p><i>Treatment for prolapse aims to remove or reduce the symptoms which impact on the quality of life of the woman. For the clinician advising the woman and for the woman trying to decide which treatment would be best for her, knowing how pessary treatment compares with surgery in the short and long term will add to the available knowledge. Examples: Is it better than obliterative surgery for elderly, sexually-inactive women? When would you choose a pessary over surgery in a woman who has completed her family, is fit and strong? The comparison of costs of pessary use over time versus surgery?</i></p>	<p>21</p>	
<p>Should a young woman with a non-bothersome prolapse be encouraged to use a pessary to prevent future problems?</p>	<p><i>Many women have an anatomical prolapse which is not bothersome, nor causes any symptoms. A pessary as a supportive device might be used with early stages of prolapse to reduce the risk of the prolapse getting worse. Research could identify when a pessary might be used in this way, and if followed up in the long term might help us know whether some symptomatic prolapses are preventable.</i></p>	<p>22</p>	
<p>How safe are pessaries?</p>	<p><i>Pessaries are considered safe and easy to fit. It is not clearly known what effect different pessaries have on the vagina and whether the presence of a foreign object is completely safe or whether the woman should be advised of possible side effects and complications. Examples: Can a pessary do harm? Does pessary use increase/add to risk of toxic shock syndrome? Are pessaries safe to use over many years and do they cause infections?</i></p>	<p>23</p>	<p>The best available review is :Abdulaziz M et al (2015) An integrative review and severity classification of complications related to pessary use in the treatment of female pelvic organ prolapse https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4479661/</p>

<p>Can women be taught to manage their own pessary?</p>	<p><i>Self-management of pessaries is taught by some care providers but not all. Identifying which women should be offered a self-management option for their pessary use would have significant implications for the cost of pessary provision. Understanding which pessary types could be self-managed might mean pessary use for prolapse would be more widely available. Equally important is future research to identify those who will not be successful with a self-management programme. Future research needs to find out what works for women and why. Examples: Can they be put in easily by the patient? Why can't I put it in and take it out myself? Which pessaries are easiest for the patient to fit and remove themselves?</i></p>	<p>24</p>	<p>A trial is underway: https://w3.abdn.ac.uk/hsru/TOPSY/Public/Public/index.cshtml. The TOPSY trial is a multi-centre randomised control trial, with nested process evaluation, to test the clinical and cost-effectiveness of self-management of vaginal pessaries to treat pelvic organ prolapse, compared to standard care to improve women's quality of life.</p>
<p>Does the use of a pessary during or after pregnancy prevent prolapse?</p>	<p><i>Vaginal delivery is the single biggest factor in the development of prolapse. It is not yet fully understood what changes at the time of pregnancy and vaginal delivery cause the prolapse which most often presents later in life. Research which followed women who had used a pessary to help with perinatal vaginal heaviness might help us to better understand the factors contributing to prolapse development. Example: Is there a benefit in the early post natal period on fascia & organ position than can decrease the likelihood of prolapse further on?</i></p>	<p>25</p>	

Question ID	Final verified uncertainty wording	Original indicative question	Source of Uncertainty: HCP = healthcare professional Both = a woman identifying as having personal pessary experience and being a healthcare professional Woman = a woman who may or may not have had experience of pessary use Carer Research = taken from the published literature Other = researchers / other professionals who are not HCPs /carers	Original contributing questions from the survey (deduplicated)
1	Does the use of a pessary during or after pregnancy prevent prolapse	Does the use of a pessary in the perinatal period prevent prolapse	4 x HCP	Does using a pessary in the postpartum period minimise the risk of pelvic organ prolapse. Does the use of a pessary during pregnancy prevent pop? I think we (as physios) should be using more Pessaries. Even in the post-natal women to get them to return to exercise sooner while the pelvic floor is "catching up" If there is a benefit in the early post natal period on fascia & organ position than can decrease the likelihood of prolapse further on?
2	Is it safe to use a pessary during pregnancy	Is a pessary safe for use in pregnancy	2x HCP, 1x both, 1x woman	Are there certain pessaries which are recommended over others if required in pregnancy - esp with regards to increased risk of BV? Why are so many GPs dismissive about pessaries, they think they are not for women who can't have surgery. GPs promote surgery not pessaries. Can a pessary be worn during pregnancy? Can a cube or ring pessary safely be used in pregnancy to manage a prolapse?
3	When is it safe to use a pessary postnatally	When is it safe to use a pessary post-natally	1x HCP, 2x both	How soon after childbirth can you use a pessary for the reduction of post natal prolapse in the absence of tears/added trauma and then also where there is a tear or extra trauma? How soon after birth can a pessary be fitted? Wrt (with respect to) infection prevention and control How early postnatal can a peasant (pessary) be fitted?
4	How does pessary use affect surgery for prolapse	What is the impact of pessary use on the surgical management of prolapse	3x HCP, 5x woman, 1x both, 2x other	Is it as effective as surgery? Are pessaries better than surgery ? Will use of a pessary enable me to put off surgery? How long can it delay need for surgery? How bad does the prolapse have to be before this is considered Will using a pessary prevent the need for surgery? Do they reduce the amount of women having surgery What is the effectiveness of pessaries to manage vaginal prolapses compared to other alternative methods Do we know how long we can extend surgery (with a pessary) Is using a pessary better than an operation Can a pessary be worn after POP repair surgery to prevent surgery from failing?
5	Is a pessary as acceptable as surgery for the treatment of prolapse	Is the pessary as effective/acceptable as surgery for the treatment of prolapse	4x HCP, 4x woman, 4x literature	How is it decided who is suitable for pessary and who needs surgery .? When would you choose a pessary over surgery in a woman who has completed her family, is fit and strong Is it better than obliterative surgery for elderly, sexually-inactive women? I have had a hysterectomy and prolapse operation, which now I am facing another operation less than 2 years on. Is the pessary an alternative or a delay until further operations are considered for a patient? Are there studies comparing acceptability of pessary vs operative intervention? Many women want the latter and are fit for surgery but see stuck with pessaries and over years- the pain and local irritation are awful- seem fine short term for " holding" but not long term. How often do women change from using a pessary to an operation? How to choose between an operation and a pessary while still fit and healthy when do I do something more permanent Which is better to manage a prolapse - pessary or surgery Are vaginal cube pessaries a viable alternative to surgery Future randomized controlled trials that compare pessary use with surgery ideally would recruit older women, because they might be less likely to withdraw from the pessary arm of the study and choose to undergo surgery. Is pessary use a sign of operative failure? A comparison of costs of pessary use over time versus surgery?
6	Do women report a difference in outcomes that matter to them between surgical or pessary treatment of prolapse	Is there a difference between the patient reported outcomes of women using pessaries or having surgery	2x HCP	What is the quality of life of women using pessaries vs those who underwent prolapse surgery? QOL (quality of life) and other benefits gains for women choosing pessary over surgery?
7	Are there alternatives to surgery if treatment with a pessary hasn't worked	Is there anything else that can be used except surgery if pessaries do not do the job	1x woman	

8	Can a pessary be used after a prolapse repair operation	Can a pessary be used after prolapse repair surgery	1x HCP, 3x woman	<p>What about after hysterectomy or pelvic prolapse surgery? Can you still use?</p> <p>You can have a pessary after prolapse repair but they may want you to wait another month or two until completely healed.</p> <p>I have read a lot about pessaries but I've read they are not suitable for ladies who have had hysterectomy or any prior pelvic surgery. I've had 3 lots of surgery done so does this mean pessaries won't work for me??</p> <p>Are there other style pessaries available for women who have had a hysterectomy and are still sexually active.? The ring and cap no longer stay in place for me?</p>
9	Can a pessary be used after a hysterectomy operation	Can a pessary be used after a hysterectomy	1x HCP	
10	What is the ideal timing and frequency of pessary use	Is there an optimal time scale for the use of pessaries	4x woman, 1x both, 1x other 2x HCP, 1x literature	<p>Is this a permanent solution to the problem?</p> <p>Is a pessary a short term method or can it be a long term method for the management of prolapse?</p> <p>Will it sort problem on its own?</p> <p>Once a pessary is fitted, allowing for replacements. Would this remain as a treatment for the rest of your life?</p> <p>Is there any evidence to suggest that use of a pessary may improve POP in the long term?</p> <p>Is the pessary to be used on a long term basis?</p> <p>Could a pessary be a longterm solution in younger women ie so surgery will never be necessary?</p> <p>Since pessaries can help support a prolapse, if pelvic floor muscle rehab improve muscle function and support, can a pessary be a short term or temporary intervention?</p> <p>Can pessaries be used as a cure rather than as a temporary solution?</p>
11	Can all women use pessaries	Which women are suitable for pessaries	3x both, 1x other, 3x HCP, 1x literature, 2x woman	<p>Who is suitable for a pessary ?</p> <p>Why do younger women not get offered/ not accept pessaries as treatment?</p> <p>Who would benefit most from pessary treatment?</p> <p>Who will benefit from a pessary versus who may it make symptoms worse for?</p> <p>What patient characteristics make pessaries most acceptable/suitable?</p> <p>Who is the most ideal candidate for the use of a pessary?</p> <p>Which patients are likely to benefit most from pessaries and which pessaries should be used with which person</p> <p>Are pessaries only for older women?</p>
12	Where should pessary care be provided	Where should pessary care be provided	4x HCP, 3x literature	<p>What is the best care plan for changes?</p> <p>Why do patients have to attend hospital clinics to have their pessary changed?</p> <p>What is the most cost effective way to arrange a pessary clinic?</p> <p>Why are pessaries not routinely changed in the community setting - GPs etc?</p> <p>What is the optimal follow up routine</p> <p>There are no clear guidelines for pessary fitting, follow-up, or management exist to date, possibly leading to a high rate of vaginal fistula formation which is likely a sequelae of being lost to follow-up.</p> <p>What are the main challenges of implementing a community vaginal pessary service.</p>
13	How often should pessary care be provided	How often should pessary care be provided	3x other, 14x HCP, 2x literature, 10x woman, 4x both	<p>How often should women be followed up</p> <p>How often would it be required to be changed?</p> <p>How often does a pessary need to be removed?</p> <p>What is the optimum time for removal of pessary to reduce the risk of it becoming embedded.</p> <p>How long do they stay in position before replacement?</p> <p>When I should I replace one?</p> <p>How frequently do they need to be removed and cleaned to prevent ulceration in pre-menopausal women?</p> <p>Does it stay in for 3-6 months or do you keep changing it yourself?</p> <p>Why does the pessary need to be checked every year? what is the doctor looking for?</p> <p>Why are they changed every 6 months?</p> <p>What is the optimum time between pessary changes?</p> <p>How long can I use a pessary after its been changed?</p> <p>How often should the pessary be taken out and the vagina inspected.</p> <p>Whether it can be changed every year instead of every 6 months</p> <p>How long can a pessary stay in ?</p> <p>There are no clear prevailing removal regimens.</p> <p>Is there a pessary follow up routine which improves outcome?</p>
14	What should a pessary follow up appointment include	What procedures should be part of pessary follow up routines	5x HCP, 3x literature, 2x woman, 1x both	<p>Do you need to perform a speculum exam at each pessary change</p> <p>What is the doctor looking for when checking</p> <p>How often is vaginal examination required for post-menopausal pessary users?</p> <p>What is the optimum time for cleaning and maintenance of pessaries?</p> <p>How often should a pessary be replaced?</p> <p>When do I need to change the pessary?</p> <p>What is the usual pessary care routine?</p> <p>Whether pessary users should undergo a vaginal exam by a health professional every six months versus annually</p> <p>A randomised control trial may help to decide whether or not it is appropriate to change the shelf/Gellhorn pessaries at all</p>
15	Can a pessary be sterilised and reused	How should a pessary be maintained	2x both	<p>Can a pessary be used by the same woman if it is stained with normal bodily fluids (e.g. menstrual blood, vaginal mucus) yet has been sunbect to decontamination protocols of washing, drying, steam autoclaving at 121C.</p> <p>Can a pessary be effectively sterilised to use for someone else after it has been trialled unsuccessfully for a short period during a clinic fitting?</p>

16	Are pessaries effective as a long term treatment for prolapse	Are pessaries effective as a long term treatment option for prolapse	1x both, 5x woman, 3x HCP	<p>How long can they be used for?</p> <p>How long would a pessary last? i.e when would it need replacing?</p> <p>How long can pessaries safely be used for in years with appropriate cleaning and replacement as required?</p> <p>Is there a time limit to pessaries use? Eg 5 or 10 years?</p> <p>Is long term use of a cube or any other type of pessary safe?</p> <p>How long are patients happy to wear them and what comes next - i.e surgery</p>
17	How long can a single pessary be used for	How long can a pessary be used for	6x woman, 2x both, 7x HCP, 1x literature	<p>How long will the pessary last before it needs to be changed?</p> <p>How long can a silicone ring pessary be left in before it really does need to be changed?</p> <p>How long do I wear it?</p> <p>How long do they stay in for? Are they like the coil for contraception?</p> <p>Is there an optimum time of usage of a pessary? i.e to prevent erosion.</p> <p>How much time using one is the best length of time?</p> <p>Why does a ring pessary have to be disposed of after 6 months?</p> <p>How long is it safe to leave a pessary in the vagina?</p> <p>How many years can you use pessaries for even with 3 to 6 monthly checks.</p> <p>How long can a woman continue to manage with a pessary in situ?</p> <p>How long can pessary be used for in terms of age?</p> <p>Trials are needed to inform the best ways to manage long term pessary use.</p>
18	Can women be taught to manage their own pessary	Can women be taught to manage their own pessary	7x both, 5x HCP, 6x woman	<p>Can i put the pessary in myself?</p> <p>Is it really necessary for women to attend to clinics to have their pessary changed - if appropriately selected they could self manage?</p> <p>Can they be put in easily by the patient?</p> <p>Can the patients not do it them selves?</p> <p>Why don't you teach me how to take it out right away?</p> <p>I wish you told me how to take it out... it was really uncomfortable and I didn't want to travel 4 hours to have it removed by you...</p> <p>Why can't I put it in and take it out myself?</p> <p>Can a patient change her own pessary?</p> <p>Some women are taught to remove and re-insert their pessary before and after sex. Is this something you may consider if offered?</p> <p>Why aren't more women given pessaries they can fit and remove themselves?</p> <p>Why are women not taught to self manage the pessary once fitted</p> <p>Are there pessaries that can be self inserted easily?</p> <p>is it possible to have a pessary you can take out</p> <p>How can it be made more widely known to medical professionals that women can be taught to manage their own pessaries?</p> <p>Can pessaries be made more user friendly? i.e.can woman insert and remove as and when they want to?</p>
19	What is important for a pessary self-management programme	What are the factors in self-management pessary programme	1x HCP, 1x both, 3x woman	<p>Can I wash and use it lifelong?</p> <p>How do I clean it?</p> <p>What to clean pessaries with?</p> <p>How often will I have to take it out?</p> <p>Will I have to sterilize it?</p>
20	What makes pessary self-management more difficult	What are the barriers to self-care pessary management	4x HCP, 4x woman, 1x both, 1x literature	<p>Why are so few women offered a pessary they can self manage?</p> <p>Why, apart from the cost of the present system, is there a move to patients managing this themselves. I had endless problems with slippage and twisting of the pessary and of my practice nurse being unable to fit it [i was eventually referred to a nurse led clinic at hospital, which was more successful], that i became quite upset at the prospect of being told i might have to insert and replace the pessary myself.</p> <p>Is it safe to self manage / fit pessaries?</p> <p>Are women happy to manage vaginal pessaries themselves?</p> <p>I agree there is a need for pessaries, but the ones we have currently are draconian and ridiculously hard to put in. You should be able to remove them at the end of the day without trouble. It is sad that in 2016 we need these devices.</p> <p>Convenience / inconvenience for patients: having the pessary inside and changing the pessary?</p> <p>My pessary comes out nearly every time I have a bowel movement. And if I splint (with or without pessary) then I pee all over myself. Thoughts? Tips? Tricks?</p> <p>Can I remove the pessary by myself and re-insert it without causing damage?</p> <p>Should a pessary perhaps be fitted on a daily basis by a woman herself as a preventative measure eg for ladies with an early grade 1 prolapse, so that they can continue to participate in running or other higher impact sports without the fear that their prolapse may be worsened.</p> <p>Factors unrelated to functional status and body image may be more important barriers to pessary self-care what are the barriers to self care with pessary.</p>
21	Does self management with pessaries work for the treatment of prolapse	Is self-management of pessaries for prolapse effective	1x other, 1x both, 2x HCP	<p>Is self management effective for women with pessaries?</p> <p>How successful are women in self-managing pessary placement?</p> <p>Are pessaries which can be removed by patients used effectively?</p> <p>Does self management improve patient experience and reduce need for surgery?</p>

22	What are the risks of pessary self-management	What are the risks associated with self-management of pessaries	2x woman, 2x HCP	<p>Is there any harm removing the pessary daily?</p> <p>How to monitor patients who self manage their pessary?</p> <p>Do patients who self manage their pessaries develop more infections/ complications?</p> <p>Can further prolapse damage be done by daily removal of a cube pessary?</p>
23	What difference does a pessary make when used to treat a prolapse	What is the impact of pessary use on prolapse (combine with 15)	14x woman, 5x both, 2x other, 7x HCP, 4x literature	<p>Just that I was so pleased when I got my first ring pessary. It made such a difference not having that 'dragging' feeling.</p> <p>How much should symptoms be reduced?</p> <p>How likely is it to help symptoms?</p> <p>Could pessaries help the vaginal heaviness felt after childbirth?</p> <p>Does it not cause more internal trigger points?</p> <p>Are pessaries helpful for those women suffering with grade 1 prolapse to simply help them feel supported / less heavy?</p> <p>Do pessaries completely put the prolapse back into place ?</p> <p>Are removable pessary devises like the cube any worse for symptom relief than ring pessaries designed for longer use in situ?</p> <p>When a pessary is inserted, does pelvic floor function improve?</p> <p>Pessaries are the best choice for immediate relief of urinary stress incontinence and for reducing a prolapse.</p> <p>Can a pessary help with pain assooiated with POP?</p> <p>And sorry if tmi but I feel my walls are very lax would a pessary make things feel tighter again?</p> <p>Will I always need the same size of pessary?</p> <p>Does early pessary use in women with stage 1 prevent or accelerate progression to clinical prolapse?</p> <p>Do pessaries halt prolapse worsening /deterioration?</p> <p>Can the use of pessaries exacerbate some prolapse, i.e. a ring pessary can make a rectocele worse, or even led to a rectocele?</p> <p>Do pessaries help to prevent prolapse worsening in young active women?</p> <p>Could it make a prolapse worse over time?</p> <p>Does wearing a pessary while participating in high impact exercise minimise prolapse progression?</p> <p>Will my prolapse continue to get worse even if I use a pessary?</p> <p>Whether pessary usage can improve prolapse even after discontinuation?</p> <p>Little data in the literature describe whether or not pessary use prevents prolapse progression.</p> <p>Perhaps a pessary can be thought of as a device that may be worn prophylactically to slow progression of disease.</p> <p>As my prolapse's got worse the pessary got bigger.</p> <p>It doesn't prevent the prolapse getting worse and I did eventually have surgery which is much more satisfactory.</p> <p>Does it help with vaginal and bowel prolapses?</p>
24	Do pessaries have an effect on the psychological wellbeing of women	What impact do pessaries have on the psychosocial health of women	2x literature	<p>The cost of trying various sizes of ring pessaries on the emotional well-being of patients is immeasurable.</p> <p>How using a pessary affects the physiological and social aspects of women using a pessary?</p>
25	How might a pessary affect sexual activity	Can you feel a pessary with intercourse (combine with 6)	12x woman, 5x HCP, 1x both, 1x literature	<p>Can I have intercourse (sexual) with pessary, if yes will my partner be able to feel it?</p> <p>Can you feel it when you have sex?</p> <p>Will it affect sex life?</p> <p>What effect will it have on sex life?</p> <p>Are you able to have a sexual relationship with a pessary in?</p> <p>Does it affect your ability to do everyday tasks or exercise / have sex etc?</p> <p>Are you sexually active- if so, does the presence of a pessary create problems?</p> <p>Does it interfere with coitus?</p> <p>Can I still have penetrative sex?</p> <p>Do different pessaries affect sexual function?</p> <p><i>Have you either the maker of the pessary or the healthcare professional tried to have sex with one of these things inside of you? I could not bring myself to have sex with a ring pessary in me because of the side effects and I felt so depressed and lacking in any self confidence or any sexual feelings at all I just wanted to die losing this bit of my life. It would be great for some understanding and experience from the 'giver-outers' of the pessaries. Now do not get me wrong, I did feel very supported with it in but after a week or so I felt panicked having a foreign body inside of me and the inability to be intimate and talk to my husband about this.</i></p>
26	What things make a difference to help with long term use of a pessary	Which factors determine long-term satisfaction with pessary use	1x HCP	
27	Are pessaries effective in the treatment of prolapse	Are pessaries effective in the treatment of prolapse	2x HCP, 3x woman, 1x literature	<p>How effective is the pessary in treating POP?</p> <p>How effective are pessaries at improving quality of life for women with grade 1/2 prolapse?</p> <p>Will it make the prolapse better?</p>
28	Does pessary use for prolapse have a positive impact on physical activity	Does pessary use in prolapse have a positive impact on physical activity	6x woman, 3x HCP, 2x both	<p>Can pessaries be used to allow women partake in exercises that are traditionally avoided with prolapse -e.g weightlifting?</p> <p>Will a pessary enable me to resume activities I have had to give up?</p> <p>Can pessaries be used for exercise only and easily be removed?</p> <p>Can pessary use during high impact exercise reduce the risk of pop development in postnatal women?</p> <p>Can pessary use during high impact exercise reduce the risk of pop development in women with puborectalis avulsion injuries?</p> <p>Can I lift heavy weights at the gym and run with a pessary in ?</p> <p>Can you run/jog/do high impact exercise with a pessary fitted and not make POP worse?</p>
29	How does a pessary work	How does a pessary work	1x other, 1x both, 2x woman, 2x HCP, 2x literature	<p>How does it work?</p> <p>Does it actually work? Does it not just hold up the prolapse not actually strengthen the muscles fibres???</p> <p>What does a pessary actually do?</p> <p>Does long term pessary use create vaginal fibrosis which leads to cure of the prolapse in the long term?</p> <p>Are the pessaries holding the vagina and uterus in place thereby decreasing the stretching and allowing connective tissue to remold?</p>

30	Does the use of testosterone improve the outcome of pessary management for prolapse	Does the use of testosterone improve the pessary management for prolapse	1x woman	
31	When should oestrogen cream be used with a pessary	What is the evidence for the use of oestrogen with pessaries	12x HCP, 4x literature, 1x both, 1x woman	<p>Role of topical oestrogen? Does oestrogen help? How does local estrogen help?</p> <p>The use of topical vaginal oestrogen (in the absence of any contraindications) in postmenopausal women and women with vaginal atrophy may be helpful in reducing pessary complications and is commonly prescribed, however, high level evidence for its use is lacking. This review did not find any clear evidence to suggest whether oestrogens work. However, as they are often used, especially with pessaries or before and after prolapse surgery, research is needed to identify any benefits or risks. The consideration of vaginal estrogen supplementation to lengthen pessary use among postmenopausal women electing to use a pessary as the treatment modality for prolapse and/or urinary incontinence. To assess conclusively whether vaginal estrogen enhances comfort and reduces complications of support pessaries for prolapse. Should all post menopausal women use topical oestrogen while using pessarys? Should an oestrogen cream be used as routine, or only with atrophic changes? Is it recommended to always have the patient use premarin prior to having a pessary fitted? Should oestrogen creams always be used on a several times per week basis when pessaries are fitted. I know some consultants who state that this should be the case, but I know other consultants who do not prescribe it when they fit a pessary ? Do topical estrogen improve the vaginal sensation when using pessaries? Does use of oestrogen creams with pessaries increases satisfaction and persistence, or decreases adverse events? What other measures improve effectiveness of pessaries (eg use with oestrogen cream, physiotherapy...)?</p>
32	Should women using pessaries be offered supervised pelvic floor muscle exercises	Should women using pessaries be offered pelvic floor muscle training instructions	1x HCP, 3x woman	<p>Is it of any benefit to continue pelvic floor strengthening exercises after receiving a pessary? This is such a sensitive and silent subject and I believe that anyone wearing a pessary or even being offered one should also be offered more information about core stability exercises instead of just being fobbed off with "are you doing your pelvic floor exercises" . Education about our bodies is really really important for our children and grandchildren. What muscle training exercises might help? Which exercises is good for it?</p>
33	What should be considered when choosing which type of pessary for the treatment of prolapse	What is the criteria for selecting which type of pessary for the treatment of prolapse	1x other, 5x both, 4x woman, 12x HCP	<p>What type of pessary to use? How do you decide which size and type of pessary to use? What helps decide type of pessary to use? Are some pessaries better than others (eg ring v cube)? When would a cube pessary be of benefit? I wasn't aware of all the different pessary devices available. How does the doctor select which to use? What are the indications for the various pessary shapes and designs? Is there a choice about which sort to use? How will you know if a pessary is the best option for me? Which type allow the patient to remove for intercourse?</p>
34	Which pessary should be used for which prolapse	What type of pessary should be used for which prolapse	3x both, 3x other, 14x woman, 23x HCP, 3x literature	<p>What type of pessary is the best? Which pessary type is best for which problem? Likely failure with one type of pessary over another? Which pessary is best for different kinds of prolapse? Are they different to the shelf insertion? Are pessaries suitable for all types of prolapse? Which type of ring pessary (standard, silicone, the one with the thicker part on it) is best for women? Who/which types of POP are the most likely to be associated with longterm use of pessaries? Are there different types of pessary? Which pessaries are easiest for the patient to fit and remove themselves? Which is the best pessary? Randomized clinical trials are needed to define optimal pessary use, including the indications for support pessaries compared with space-filling pessaries, The evidence as to which pessaries are most effective in relieving symptoms associated with specific defects is a clinical question that remains to be answered. What's the best pessary for supporting bladder and bowel prolapse at the same time? Which pessary is best for patients with a mild cystocele? Can pessaries be used for urethrocele? What type of pessary is best for women with bilateral levator avulsions? Is there a pessary to support the vaginal wall as well as the cervix? My ring pessary does not do this. Are pessaries just used to treat womb prolapse only ? How to use a pessary in a patient with complete procidentia of the uterus? Which pessary do you find most useful to support rectocele? Which pessary for which prolapse? How effective are continence pessaries at reducing symptoms of prolapse and incontinence?</p>

35	What level of prolapse will improve with the use of a pessary	What stage of prolapse will benefit from the use of a pessary	2x woman, 3x HCP, 2x literature, 1x other	How bad does the prolapse have to be before this is considered? When can I suggest a pessary? What type and extent of pop (pelvic organ prolapse) benefits with pessary? What degree of POP is a pessary most effective for? The manufacturer's recommendations that ring pessaries are only suitable for women with stages I and II prolapse or that Gellhorn or other space occupying pessaries should be used in women with stages III and IV prolapse. Which treatment is better for stage 2 cystocele? Having said that a lady in my work is using a pessary and has worked out very well for her, so maybe works well if prolapse not too far advanced.
36	When is a pessary the right treatment for prolapse	When is a pessary the right treatment for prolapse	2x other, 3x woman, 1x literature	Is a pessary the right intervention for a prolapse. is a pessary necessary in all cases of prolapse? is there anything else that can be used except surgery if pessaries do not do the job? When will a pessary not be beneficial? Should pessaries be used to provide immediate symptomatic relief for recurrent prolapse while a treatment plan is devised?
37	Which is the best pessary to use first for prolapse	Which is the best pessary to use first	3x HCP, 1x literature	We have lots of different pessaries - which is the best first line? The use of a single pessary for all support defects compared with tailoring the pessary to the specific defect. Which pessary is proven to be more stable?
38	Should a younger woman with a non-bothersome prolapse be encouraged to use a pessary to prevent future problems	Should the younger woman with prolapse be encouraged to use a pessary as a prophylactic measure	1x literature	
39	When should a pessary be offered in the course of treatment for prolapse	At what stage in the management of prolapse should a pessary be offered	2x both, 3x HCP, 1x woman	When should a pessary be fitted ? When should you be referred for a pessary? When would you start treatment with a pessary? When is it best to offer a pessary? (at the early stages / first signs of prolapse or later?) My biggest concern is that if I can have a pessary in after surgery? How long I have to wait for?
40	What will it feel like with a pessary in place	How is the comfort of a pessary defined	3x other, 7x woman, 1x HCP	Would it cause discomfort at any time? How comfortable is it to use a pessary? Where should the pessary be in the ordinary course of the day? i.e. when standing / sitting Will I feel a pessary once it is in place? Why do I feel the pessary when I go to the toilet What is the best way to know if a pessary has been fitted correctly? How long before you don't notice it (the pessary) in there (following fitting of a pessary)? How do you feel about trying different pessaries for improving comfort and using for daily life activities?
41	What is the best way to assess what type and size of pessary to use	What technique of assessing for the size and shape of pessary results in optimal fit	4x woman, 9x HCP	Are there different sizes to fit different women? How many pessaries have you tried? What is the most effective way of assessing the size of pessary to use? Why do pessaries seem to be so difficult to size correctly? How do you appropriately change the size of a pessary? Why can a pessary not come in more sizes ? I am between 2 sizes and therefore one drops out and one is too big. How big can you progress with the Pessaries if they continue to fall out. She has estimated that'll need a size 71 or 74 mm pessary. Can she tell without feeling? Is this the most common size pessary?
42	What makes a pessary fitting successful	What defines and influences a successful pessary fitting	2x HCP, 6x literature	In which types of prolapse are pessaries the least successful? Does use of a pessary introducer increase patient satisfaction? There is no agreement in the literature on what is considered successful pessary fitting. What defines successful pessary fitting? Clinic visits should allow adequate time for women to share their concerns, anxieties and fears surrounding the transition to life with a pessary Does the experience of the pessary fitter influence the success of pessary fitting We could adopt the definition of failed TOP as a woman's inability to continue with pessary use beyond 4 weeks from initial fitting. Fitting success is more likely in a setting where time allows multiple fittings and follow-up visits
43	How easy is it to fit a pessary	How easily is a pessary fitted	3x other, 1x woman, 1x HCP	Would I need to be admitted to hospital to have the pessary inserted? How are the pessaries inserted? Are the pessaries easy to fit? Pessaries fall out shortly after fitting in many women-could those fitting them be trained in a better way?
44	What matters in pessary design	Which factors should be considered in pessary design	6x woman, 2x HCP, 3x literature	What are they made of? More about the shapes will be helpful. Why is there no choice in the shape of the pessary. There seem to be lots of different types available. Would it not make sense to allow women to try a couple of different ones? What is the optimal pessary material? Can a pessary be invented which looks like the shape of a tampon and inserted daily. Simple device that can be put in on a daily basis but strong enough to hold up a prolapse. I desperately want a pessary to work for me but the ones I have tried. I have tried a range none will stay in. Or fit! Due to limited sizes. Women are all different sizes this should be similar for pessaries! Improvement in current pessary designs is necessary for easier removal and insertion.

45	Is silicon the best available material for pessaries	What are the advantages of silicon pessaries over the other materials available	3x woman, 2x HCP, 1x both, 1x literature	<p>Can the material a pessary is made of be absorbed by the body?</p> <p>Are silicone pessaries better tolerated and cause less discharge?</p> <p>Which pessary causes less erosions?</p> <p>Can cube pessaries be made of vinyl or other non-silicon materials for women who are allergic to silicon?</p> <p>It might be prudent contemplating the use of pessaries made with softer material, e.g. Gellhorn, especially in patients with very atrophic genital tissues</p> <p>Be very careful about using coconut oil internally if you have a pessary. There is controversy about whether or not this is safe because of concern that the oil degrades the silicone. there have not been any studies that I can find testing the safety of using oils with silicone so be careful because when it degrades you have to wonder what chemicals or particles may be released inside your body.</p> <p>Does anyone know what the symptoms would be if you were allergic to the pessary from the silicon?</p>
46	Can the education of health care professionals improve patient care in choosing and using pessaries	Can the education of professionals improve patient care in choosing and using pessaries	1x HCP, 3x literature	<p>Do we need to improve General Practitioners education about the benefits of pessary devices in younger patients?</p> <p>Increasing nurses' understanding of and comfort with pessary use might make a significant difference in the treatment of pelvic organ prolapse .</p> <p>Most respondents would not normally make use of pessaries, especially urologists, of whom more than 80% reported never using them. This may reflect the fact that many clinicians receive little or no training in the use of pessaries.</p> <p>Enhanced education regarding pessaries may help clinicians incorporate this treatment option into their practice and optimize care for older women choosing this therapy for treatment of POP.</p>
47	How does the healthcare professional's opinions about pessaries influence the options for women	What are clinicians beliefs in relation to pessaries	5x woman, 9x HCP, 1x both, 2x literature	<p>Why aren't ring pessaries for prolapse given more promotion so women who are suffering with prolapse know they are available so they don't wait until the prolapse gets worse before seeking help.</p> <p>Why are so many GPs dismissive about pessaries, they think they are not for women who can't have surgery. GPs promote surgery not pessaries.</p> <p>Do clinicians discuss pessary management in a non-biased way?</p> <p>Is the use of a pessary usually the first line of treatment for a prolapse?</p> <p>Why are some G.P.s so reluctant to use pessaries as an aid for POP in younger women?</p> <p>How many women are offered pessaries as an option for management of prolapse?</p> <p>Why do some doctors insist that the pessary does not hurt?</p> <p>Should pessary info be presented as compared with surgery?</p> <p>if not education and experience what influences the physician's logic on linking diagnosis to treatment.</p> <p>Don't get fobbed off with 'oh it's not severe a pessary will do' - it's not on.</p> <p>I expect pessary use is all in the counselling; virtually none of my patients choose these but rather have surgery. Do different doctors have different use of pessary uptake?</p> <p>Why do gynaecologist only prescribe rings or gel horns?</p> <p>What governs choice of pessary eg ring or shelf -other than trial and error?</p>
48	What factors (feelings/views/experiences) influence women's decisions about pessary use	What are women's views in relation to the use of pessaries	2x both, 3x woman, 10x HCP, 1x literature	<p>What choices do women have?</p> <p>How many women agree to use it?</p> <p>Why do women choose surgery over a pessary if they haven't previously tried a pessary?</p> <p>Do younger patients manage better with removable pessaries like the cube instead of the more traditional ring pessary?</p> <p>Which type of pessary is most tolerated by women?</p> <p>Why do women prefer a pessary to an operation?</p> <p>Why do patients not like the idea of pessaries?</p> <p>Women's view regarding the use of pessaries need to be better defined.</p> <p>Does having a pessary mean I am no longer able to have an operation?</p> <p>There is a need for qualitative research that examines why some women are willing to try a pessary and others are not.</p> <p>If I can not insert a tampon due to my prolapse, can a pessary still be used?</p> <p>I am adamant I will not take the option of the rings they insert, I want it properly fixed.</p>
49	What do women and carers want to know about pessary use for prolapse	What information should be made available to inform women and carers about pessary use for prolapse	1x other, 1x both, 2x woman, 2x literature, 4x literature	<p>How do we promote the use of pessaries which can be removed by patients to fit in with personal and private lifestyle.</p> <p>Why was I only offered a ring pessary? Although it seems fine for me, I know there are several other pessary options which were not mentioned at all.</p> <p>Are there education leaflets available regarding self-management of pessaries for patients?</p> <p>Guidance for carers?</p> <p>Does family support affect the continuation rate of pessary use.</p> <p>Why are WH (women's health) physios not the main person who does self manage pessaries, very few physios do this, and very few nurses do self management.</p> <p>What is the best way to offer a pessary to someone who is hesitant to a pessary, but can very much benefit the use of a pessary?</p> <p>The comparative safety of follow-up recommendations and the cost-effectiveness of support pessaries versus other prolapse treatment strategies.</p> <p>Is the current route to advice and assistance with options for pessary use clear and accessible to women?</p> <p>How can you get the get satisfaction and compliance with pessary use?</p>
50	Is successful management of advanced pelvic organ prolapse with a pessary improved with a patient education programme	Is successful management of advanced pelvic organ prolapse with a pessary improved with a patient education programme	1x literature	

51	How safe are pessaries	How safe are pessaries	5x HCP, 1x literature, 1x other, 8x woman	<p>What are the side effects of using a pessary? Are pessaries safe to use over many years and do they cause infections? What side effects do you 'truthfully' expect with the use of a pessary? I ask this because I got a lot of smelly discharge from wearing a ring pessary. I started to become urinary incontinent and my doctor said I might have a UTI and not feel it. It seemed to be worse almost than the prolapse symptoms and it took me quite a lot of courage to even tell the GP about this. She tried to persuade me to keep it in because I had been so upset about having a prolapse in the first place. Although she is a very kind doctor I did not feel that they can even begin to understand how I felt. Does pessary use increase/ add to risk of toxic shock syndrome ? Can a pessary do harm? How safe is a pessary? My mother had a ring pessary fitted for a prolapse many years ago. The following year she developed bowel cancer. Could this device somehow have caused her bowel problem? Death, although rare, is a reported complication and should be included in the informed consent of patients undertaking long-term pessary use. What impact does a pessary have on the integrity of vaginal health? She did suggest a ring pessary, but I refused as I had heard horror stories of them causing infections and ulcer sores.</p>
52	What are the risks and complications of pessary use for prolapse	What are the risks and complications of pessary use for prolapse	2x both, 3x other, 21x woman, 5x HCP	<p>Are there any risks in using a pessary? Does the use of a pessary increase the risk of urinary tract infection? What are the possible complications? Is there any risk of infection by using a pessary? Why does inserting and removing the pessary cause bleeding? How to avoid infection? Does it ever block the urethra? Can pessary travel further up and cause damage to my vagina? Is a vaginal pessary one of the causative factors of vaginal evisceration? Increase in vaginal infections which might be due to non-hygienic insertion or the antibiotic-resistant pathogens of vagina? The most common complication associated with use of a pessary is the development of a vaginal ulcer. Can a pessary cause thrush? I had a ring pessary fitted today and now I can't pee properly - is this normal? Stress incontinence is a common side effect of pessary's for lots of women. I feel pressure on my rectum and my lower back hurts. Is this normal as your body adjusts to having a pessary fitted? Could a pessary make a retroverted womb more retroverted? Got a ring pessary today for easy removal the nurse in the pelvic clinic tied a wax dental floss to the pessary. I forgot to ask about probable infection it could cause . Does where the pessary is affect the ability to self catheterise?</p>
53	Do the risks and complications of pessaries increase with long term use	Does long term use increase the risk and complications of pessary use	4x woman, 1x both, 4x HCP, 2x literature	<p>Where follow-up cannot be assured, pessaries are an unsuitable treatment modality due to the risk of serious complications. We do however believe that lack of follow-up would result in this or similar complications irrespective of type of pessary used. Does long term use cause other health problems? What is the prevalence of erosions when using a pessary? What is the risk that a neglected /forgotten pessary inserted for an elderly patient will cause significant complications? Risk factors for failure? What are the risks of long-term pessary use (attended or unattended)? Should the amount of discharge increase the longer the pessary is inserted? A consultant once told me that the tissue of the vaginal wall becomes a little worn from long-term use of a pessary and therefore, surgery for a prolapse repair can be more difficult. Is this a common view of consultants? Is there any evidence of a pessary eroding the tissue between the vagina and rectum?</p>
54	Should NHS data be collected on each type of pessary provided for women	Does the HES coding need to change to reflect the type of pessary inserted	1x literature	
55	Should all women with a pessary have it clearly recorded in their medical records	Should women with a pessary have an indication of a foreign body in their medical records	4x literature	<p>A record should be kept of each examination and replacement on a chart for easy review . We recommend that any elderly patient fitted with a pessary should be issued with a card indicating the type of pessary and date of insertion. The patient's General Practitioner should also be informed. Physicians need to be aware that vaginal pessaries are a potential cause of intestinal obstruction in a growing population of elderly patients presenting with abdominal complaints. Several papers have mentioned that questions about pessary use for women admitted to hospital should be considered. Should those who have a pessary fitted have some indicator on their notes of a foreign body?</p>
56	What makes a pessary fitting unsuccessful	What are the risk factors associated with unsuccessful pessary fitting	2x both, 1x woman, 4x HCP, 2x literature	<p>Will the pessary be painful? Why do some patients with moderate to good pelvic floor strength not retain their pessary ? Will a pessary fall out with a cough? How do you assess someone's suitability for pessary in relation to their vaginal tissue? How do you know if their tissue is too dry. Thin etc and likely to get it rated or break down? What factors predict whether a women with posterior prolapse will be able to retain a pessary? Does short vaginal length indicate a barrier to pessary fitting? Does a rectocele make successful fitting of a pessary less likely? Are they best suited to women with a certain grade pelvic floor strength?</p>

57	When should a pessary definitely not be used	What are contraindications to pessary use	1x both, 1x woman, 3x HCP, 1x literature	Any contraindications to using a pessary ? I have no rectum or womb so pessary would not work and nobody would listen to me. Should the use of pessaries as a first line treatment be stopped until high quality research has proved their efficacy?
58	Is there a risk of endometrial cancer with the use of oestrogen as part of pessary management	Is there a risk of endometrial cancer with the use of oestrogen as part of pessary management	1x woman	
59	What is the best way to minimise and treat vaginal discharge caused by pessaries	What is the optimal management to minimise and treat discharge associated with pessaries	4x HCP, 1x woman, 1x other	What is the best treatment if any for vaginal discharge in pessary patients How can discharge be reduced with longer term pessary use? Is there any way of reducing the discharge from the vagina? What is the best management for vaginal health when using a pessary? Why do women develop such a large amount of discharge with a pessary in situ? Is one particular type of pessary more likely to cause discharge?
60	How should a pessary which is stuck be managed	How should a stuck pessary be managed	2x woman	What happens if the pessary gets stuck?
61	What is the correct advice about the position of the pessary	What is correct advice for where a pessary should sit when fitted and for when it falls out	1x HCP, 1x woman	What to do if it falls out? I was fitted with a ring with support on Friday (2 days previous to post). Are you supposed to push it back past the pubic bone?
62	Who should fit a pessary	Who should fit a pessary	2x both, 3x woman, 5x HCP, 3x literature	If appropriately trained can a physio fit pessaries in private practice? Who is the best person to fit a pessary? Who is the best professional to fit a pessary and how are they trained? Who is fitting and what protocol/ procedure are they using? The development of nurse- or physiotherapist-led models of care may be appropriate, but the effectiveness of such models requires testing. All other types of pessary need to be fitted by a gynaecologist, urologist or practitioner with specific training. Ongoing research should examine the barriers encountered, provide a cost-benefit analysis and facilitate an acceptance of an extension of WH physiotherapy scope of practice to include pessary care.
63	Who should manage pessary care	Who should manage pessary care	1x both, 1x other, 1x woman, 3x HCP, 2x literature	Who is best to manage a pessary: health professional or woman? Who should change them? Which professional should manage pessaries and what training is required? Who is best placed to discuss with women, the potential solutions to management of their prolapse? Who are the providers that manage pessaries in different areas? Who should manage pessaries, GPs or practice nurses?
64	What is the role of physiotherapy as part of pessary management for prolapse	What is the role of physiotherapy as part of pessary management for prolapse	2x both, 1x HCP	Does short term use of a pessary aid the conservative recovery from POP. That is, is it possible that using it with PFME may mean not needing it in the future? Can women achieve better activation of the pelvic floor muscle complex when a pessary is in situ? is physiotherapy a better first line option than pessaries?
65	Can a GP fit a pessary	Can a GP fit a pessary	3x woman	Can my GP fit a pessary? Are all nurses and GPs trained to insert and remove pessaries to make fitting etc as comfortable as possible for women?
66	What is the optimal training to be a 'qualified' pessary practitioner	What is the optimal training to be a 'qualified' pessary practitioner	1x woman, 2x both, 9x HCP	What training is there? Do I have to have official training in pessaries before offering them to women ? What qualifications do practitioners need to hold to fit pessaries? Have concerns to make as patient advocate re: some unqualified people fitting pessaries and charging patients for the service of fitting the pessary, then 2nd charge for the pessary itself-which is totally supported. What training does a women's health physio need to be accredited competent in pessary management? In the UK how much training is given professionals fitting pessaries for prolapse? What credentialling is required for health professionals to safely fit pessaries?
	Out of scope			i don't like the idea of using a pessary
	Out of scope			what is a pessary
	Out of scope			Is there any development in surgery
	Out of scope			Which is the most effective treatment for prolapse
	Out of scope			Can I change my mind and opt for different treatment?
	Out of scope			If other options were suitable for treating prolapse would you be interested?
	Out of scope			Will there be more information included in the NHS leaflets in the future regarding advice and sensible precautions following surgery?
	Out of scope			What pessaries are available that can be taken in and out, easily by the user of the pessary? I have found some on the private market but they are expensive like medical grade sponge cubes and sea sponges.
	Out of scope			Are there specific Pilates exercises I can teach that can help my clients with their management of their Prolapse?
	Out of scope			Is there specific guidance or resources that I can direct Pilates clients to when they have a prolapse (or suspect they have a prolapse).
	Out of scope			Are there particular/different cues/areas to focus on that are helpful to use when teaching Pilates clients with a prolapse?
	Out of scope			What can be done to increase the understanding of newly diagnosed women. Although i have a healthcare background i had no idea how common a condition this was. Although i understood the mechanics of the correction i didn't envisage the long term prognosis.
	Out of scope			Can any videos that are made re self management be made available on the Web?
	Out of scope			Is physiotherapy usually suggested as a possible way to aid muscle strength?
	Out of scope			Is pilates usually suggested as a possible way to aid muscle strength?

	Out of scope			I use a pessary after previous surgery failed after a few years. At first it was fine but recently after reinsertion it was uncomfortable and came out a few times so I have given up. However, Pilates has helped considerably and my prolapse isn't so obvious now. I am 69 and was responsible for the cleaning and insertion etc of my pessary.
	Out of scope			Why are there not a better choice of creams for us to use.
	Out of scope			Are primary care staff well enough informed about potential solutions to prolapse?
	Out of scope			I am a physiotherapy clinician who is very keen in setting up a joint pessary clinic with our nursing colleagues but need more evidence to convince the commissioners!!
	Out of scope			I am so pleased research is being done. A ring pessary gave me my life back prior to having a hysterectomy and in fact delayed that surgery for many years. A repair did not last and now post hysterectomy I am desperate to find a new pessary that will work for me as I don't want to have more operations that may well not make any lasting improvement.
	Out of scope			what is the role of pessaries in management of incontinence
	Out of scope			How do the disposable "tampon" pessaries compare to a silicone fitted pessary in effectiveness?
	Out of scope			is there any other way that this treatment can be done without a pessary
	Out of scope			are there any other treatments apart from surgery
	Out of scope			Which is the best way to avoid vaginal prolapses
	Out of scope			will prolapse ever go away
	Out of scope			do these happen to young people
	Out of scope			what causes a prolapse
	Out of scope			what lifetime changes help? This was never discussed.
	Out of scope			what causes a prolapse
	Out of scope			is there any way that I could avoid having a prolapse - by exercise for example
	Out of scope			what exactly is a pessary
	Out of scope			do pessaries ever effectively manage urinary incontinence?
	Out of scope			I have had this for some time now and it has been really great. Have had no problem with it.
	Out of scope			How can we increase pessary awareness in developing countries
	Out of scope			Why me, so young
	Out of scope			how bad was my prolapse? To put it into context/ help understand
	Out of scope			what causes the womb to drop down in the first place
	Out of scope			is it ok to ask for a woman doctor to ask for the procedure
	Out of scope			what sort of things cause prolapse? How common is it?(a prolapse)
	Out of scope			why don't doctors listen to the patient
	Out of scope			I had a doctor ram 4 different pessaries into me all the while I screaming for him to stop