



Angie Rantell gained a BSc (Hons) in nursing studies from King's College London in 2003. She started working in the field of women's health first as a staff nurse and then as a sister on a Gynaecology, breast care and early pregnancy ward. Since 2007, she has been working in the Urogynaecology Department at King's College Hospital and is currently the lead nurse / nurse cystoscopist. She is actively involved in research and regularly writes for journals and textbooks.

She is working towards a PhD investigating sexual function in women with Overactive Bladder.



Diana Tilston is a Chartered and HCPC registered physiotherapist who has specialised in women's health and paediatrics for 25 years. She also has a certificate in Counselling

She has treated many women with symptoms related to pelvic organ prolapse.

Diana herself has been a Pessary user for the past 10 years.

Carol Bugge is a Senior Lecturer and a nurse researcher at the University of Stirling who has an interest in interventions people use to look after their health and well-being (self-care). She has a specific interest in research about vaginal pessaries as a treatment for women with prolapse.

Carol leads the Cochrane review of evidence about what we know about the effectiveness of pessaries as a treatment for women with prolapse. This Cochrane review is currently being updated (2016). She has also undertaken research with women who have prolapse to understand their views on pessaries as a treatment and undertaken research with health professionals about pessaries.



Kate Lough has worked as a specialist physiotherapist in pelvic floor dysfunction for 20 years. She is also a qualified Body Control pilates teacher, and recently gained a Diploma in Psychosexual Medicine. She has a particular interest in pelvic organ prolapse and has co-written and teaches the Pelvic Obstetric and Gynaecological Physiotherapy (POGP) Prolapse

short course to physiotherapists across the UK. This PSP forms part of her doctoral study researching the use of pessaries in the management of prolapse.



Lorraine Percy:

I work in a nursery school where I have spent the last 20 years. I am a mother of two children aged 28 and 24. I have had some issues with my pelvic floor over the years but have managed with exercise and Pilates.

A year ago, I saw a specialist who recommended a pessary as I had moderate prolapse. I had one fitted and after six months it was removed. I am managing well without it at the present.



Suzanne Hagen is Director of the Interventions Programme at the national Nursing, Midwifery and Allied Health Professions Research Unit (NMAHP RU), and Professor of Health Services Research. She is a researcher with an international reputation in systematic reviewing, trials and outcome measure development, particularly in relation to the interventions provided by

nurses and allied health professionals. The work of the Unit involves systematic reviews (e.g. Cochrane reviews and overviews, International Consultation on Incontinence), multi-centre RCTs (e.g. POPPY, PREVPROL, OPAL) and implementation studies (e.g. PROPEL, UR-CHOICE). Graduating from the University of Paisley after studying Mathematical Sciences, she has gained her expertise over 30 years working in the NHS and academia as a statistician and health services researcher, completing an MSc (University of Aberdeen) and PhD (Glasgow Caledonian University) along the way. Suzanne has established extensive links with researchers throughout the UK and internationally. A long-standing area of interest is the effectiveness of NMAHP interventions for urogenital disorders such as incontinence and pelvic organ prolapse.



Raneer Thakar is a Subspecialist in Urogynaecology and Consultant Obstetrician and Gynaecologist at Croydon University Hospital as well as a honorary senior lecturer at St George's University of London. She is a consultant in a busy tertiary referral urogynaecology department at Croydon University Hospital, with a large clinical workload, dealing with complex urogynaecological problems, teaching medical students, training junior doctors and undertaking clinical research. Her publications include many original papers in peer review journals and chapters in books. The unit is recognised for subspecialty training in urogynaecology and runs an

active research programme. Raneer Thakar is actively involved in the conservative and surgical management of pelvic floor disorders (bowel and bladder incontinence, prolapse and sexual dysfunction).



Dr Rohna Kearney is a Consultant Urogynaecologist at St Mary's Hospital, Manchester and an Honorary Senior Lecturer at the University of Manchester. Her MD thesis looked at the clinical and radiological pathogenesis of obstetric pelvic floor injury. This work was carried out at the University of Michigan Pelvic Floor Research Group directed by Prof John DeLancey and University College Dublin. Having completed subspecialty training at University College Hospital, London she was appointed to Addenbrooke's Hospital, Cambridge. At Cambridge she introduced a pathway for women to self-manage vaginal pessaries for prolapse and was awarded funding by the Health Foundation. This project won an award from Health Enterprise East Innovation Competition in the Patient Dignity and Experience category. Since moving to Manchester in 2014 she continues to be actively involved in research.

Nina Gordon is a Physical Education teacher in a large senior secondary school. As a role model for her pupils Nina has always maintained a high level of physical fitness and enjoys taking an active part in her lessons to encourage her pupils. Married to a doctor she has an interest in medical research and was delighted to take part in this study



Catherine White is the James Lind Alliance Adviser for the Pessaries PSP. She became involved with the healthcare sector following a critical illness. Since 2007 she has volunteered for ICUsteps, the Intensive Care patient and relative support charity, and she is currently a Trustee and Information Manager for the charity. Catherine participates in strategic health work, for example as a steering group member on research trials, as a member of the NICE Sepsis Guideline Development Group and as a NIHR Health Technology Assessment funding board member.



Francesca McCabe is a trained physiologist with 12 years NHS working experience. For the last 12 years she has been working as a clinical specialist and product manager to help introduce new medical devices and train and educate both internal NHS staff and external partners.