

# The Atlantic Provinces Medical Peer Review



## MANAGEMENT OF SPECIFIC DISEASE ENTITIES

### Obstetrics & Gynaecology #3

#### UTERINE PROLAPSE

It is important to note that these guidelines are meant to be of assistance to assessors in making observations. They should not be taken as standards of any of the Atlantic Provinces Licensing Authorities.

Risk factors: childbirth; advancing age; connective tissue & neurogenic disorders; COPD  
increased abdominal pressure: obesity; abdominal or pelvic tumor; chronic constipation  
heavy lifting;

Prevention: Kegel exercises; weight loss; proper management of co-existent conditions

Signs & Symptoms:

- ✓ asymptomatic; pelvic pressure; back pain; bulging sensation in vagina; dyspareunia
- ✓ difficulty with urination or defecation

Diagnosis:

- ✓ history & physical
- ✓ lab: renal function to r/o ureteral obstruction; urinalysis to r/o UTI
- ✓ imaging: pelvic U/S or CT
- ✓ diagnostic procedures: urodynamic studies; pap smear; appropriate cervical and endometrial biopsies

Treatment:

- ✓ depends on multiple variables: severity of prolapse, age, sexual activity, associated pelvic pathology, desirability of future fertility
- ✓ conservative measures: estrogen replacement; pessary use; physical therapy; surgery if conservative Rx fails or definitive Rx is desired
- ✓ surgery: vaginal or abdominal hysterectomy; uterine suspension; colpocleisis
- ✓ follow-up: complications: ureteral obstruction and renal failure; incarceration of bowel herniation; side effects of pessary use ( discomfort, ulcer, infection)

	N/A	E	S	D
Clinical history and physical exam are documented.				
It is evident that appropriate tests have been ordered and completed.				
Appropriate therapies are used and regularly reviewed.				

COMMENTS: \_\_\_\_\_

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