**SYSTEM:** UroGynecology  
**CONDITION:** Pelvic Organ Prolapse (POP)  
(BOLD content unlikely to be covered elsewhere in the curriculum)

<table>
<thead>
<tr>
<th>Content</th>
<th>Educational Objectives</th>
<th>Level of Mastery*</th>
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</table>
| **Examination: Patient-History**  
- Evidence on risk factors for POP including changes in posture and trunk ROM  
- Prevalence of POP  
- Signs of urogynecologic system involvement and able to screen for referral  
- Information on functional deficits of urogynecologic system disorders  
- Questions related to the general management of pelvic organ prolapse including:  
  - Medical management (medications, diagnostic tests, surgeries)  
  - Family history  
  - Affective co-morbidities such as anxiety or depression  |  
- Recognize factors contributing to POP  
- Recognize signs and symptoms of POP  
- Demonstrate culturally appropriate and patient friendly communication when interviewing a patient/client  
- Recognize condition and refer for further care  
- Establish baseline of functioning from which to plan intervention goals | F |
| **Examination: Tests and Measures**  
- Assessment of pelvic floor muscles  
- Orthopedic assessment of spine and pelvis  
- Tests and measures for system examination Standard outcome measures to assess function and quality of life  |  
- Describe components of examination for patient with POP  
- Conduct verbal PFM assessment using appropriate word and visual cues  
- Perform a systems screening and recognize red flags that require referral or more advanced assessment  
- Effectively implement standard outcome tools | F |
| **Evaluation:**  
- Current literature on diagnosis of POP  
- Symptom patterns of POP  
- Validated outcome measures including quality of life assessments  |  
- Describe potential risk factors contributing to POP to determine risk  
- Describe symptom patterns consistent with POP and impact on musculoskeletal system and function  
- Use standard outcome tools to measure QOL impact of various conditions related to the urogynecologic system  
- Develop a safe and evidence-based treatment program for a patient/client | F |
### Interventions
- **Modalities**
  - Exercise (isometric vs isotonic vs eccentric), specific programs
  - Knowledge of evidence based practice for PFM exercise
  - Instruction in basic pelvic floor progressive resistive exercise without the benefit of internal examination or monitoring
  - Interventions used by advanced practitioners to assist patients with urinary incontinence such as vaginal cones or weights, neuromuscular re-education, self care education (hygiene, integumentary preservation), sEMG, pressure sensors, and electrical stimulation

- **Teach basic pelvic floor muscle exercises including exercise progression.**
- **Teach posture and body mechanics appropriate for woman with POP**
- **Explain impact of intra-abdominal pressures on POP**
- **Advise client with POP on exercise modifications**
- **Create a safe and effective exercise program with consideration of the patient’s goals**
- **Discusses conservative management options**
- **Describes self care strategies**

### Prevention and Wellness
- **Education to maintain status and prevent additional prolapse**

- **Educate client on posture and body mechanics relevant for reducing unwanted increases in intra-abdominal pressure**
- **Educate client on role of muscle strength in prevention**
- **Refer client to women’s health physical therapist for more specific care of POP**

### Medical Management
- **Team of healthcare providers participating in medical management**
- **Discuss medications used for management of POP**
- **Discuss medical and surgical interventions for medical management**

- **Recognizes common medications used in management of system disorders**
- **Discuss conservative medical management strategies**
- **Can adapt exercise in the post-operative period to minimize complications to healing**
- **Can describe patients physical therapy needs to health care team based on functioning**

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* F = Familiar; P= Proficient; M= Mastery*