

PromoCon Pelvic Floor Risk Assessment Tool

Surname:

Forename:

Address:

.....

..... Postcode:

D.O.B

Consultant:

Hospital Number:

Part 1 Antenatal Assessment

(To be completed at booking)

Date of Assessment:

Professional Signature:

Print Name:

- | | Tick |
|---|--------------------------|
| • Previous history of bladder and bowel problems including bedwetting | <input type="checkbox"/> |
| • Age 35+ | <input type="checkbox"/> |
| • Body Mass Index 30+ | <input type="checkbox"/> |
| • Chronic constipation - needing to strain or use laxatives | <input type="checkbox"/> |
| • Multiparity | <input type="checkbox"/> |

Antenatal Score Total

ACTION

- Currently incontinent- refer to continence service.
- If previous history of bladder and bowel problems discuss delivery options.
- If score 3+, make a note in antenatal records that PELVIC FLOOR IS AT RISK and review management options.

Comments: _____

Part 2 Postnatal Assessment

(To be completed prior to discharge from hospital)

Date of Postnatal Assessment:

Professional Signature:

Print Name:

- | | Tick |
|--|--------------------------|
| • Antenatal score of 3+ | <input type="checkbox"/> |
| • Large baby 4kg+ | <input type="checkbox"/> |
| • Prolonged active second stage (1hr+) | <input type="checkbox"/> |
| • Forceps/ventouse delivery | <input type="checkbox"/> |
| • Perineal trauma other than first degree tear | <input type="checkbox"/> |
| • Epidural in labour | <input type="checkbox"/> |
| • Single Drainage by catheter > 800mls | <input type="checkbox"/> |

Postnatal score total

- CURRENTLY INCONTINENT - REFER TO CONTINENCE SERVICE.

ACTION

0 - Low Risk – One to one PFME (preferable) plus literature
1 - 4 Medium Risk – One to one PFME(essential) plus literature to indicate that patient is at risk
5 - 7 High Risk – REFERRAL TO CONTINENCE SERVICE

Part 3

Total score and supporting information to be passed on to the health visitor. This will serve to give guidance in future management.

Comments: _____

Please refer to continence service at :-