

Perinatal Pelvic Health Services

University Hospitals of North Midlands NHS Trust (UHNM) Perinatal Pelvic Health Services (PPHS) is leading the delivery of the national ambition to improve the prevention, identification, and NICE-recommended treatment, for pelvic health problems during pregnancy and up to a year following birth. The impact on women's lives can be devastating, affecting the ability to work, sexual and social relationships and mental health. The aim of this new service is to reduce the number of women living with pelvic health problems postnatally and in later life.

Research estimates that after pregnancy:

- one in three women experience urinary incontinence three months after birth,
- one in seven experience anal incontinence six months after birth,
- one in twelve experience pelvic organ prolapse.

These problems are often under-reported due to embarrassment, shame, or a belief that problems are a 'normal' consequence of childbirth.

All women using maternity services at UHNM will receive information at every antenatal and post-natal contact about pelvic health problems that can arise, and how to prevent them. Women can currently be referred to PPHS through the Care Flow 'Pelvic health and perineal care' pathway, with a self-referral option planned. All referrals are triaged by the PPHS team and, depending on the level of need, women will be signposted to self-help information on the UHNM website, workshops, or a one-to-one assessment and tailored treatment.

One of the most important aims of the PPHS is to raise awareness and educate on good pelvic health. For more information visit: [Perinatal Pelvic Health Services \(PPHS\) | University Hospitals of North Midlands](#) or contact the team on 01782 672777 or pphs@uhnm.nhs.uk.