

Abstract Submission Template

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Abstract Information

Title: 'What women want': involving service users in the implementation and evaluation of a pelvic floor muscle training (PFMT) programme.

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Abstract

(250 word maximum)

Purpose: Pelvic organ prolapse (POP) is a common urogenital condition affecting up to 50% of women aged over 40. In order to ensure that care is sensitive, timely and effective, women were involved explaining their experience of POP and determining what an ideal service would be. As one aspect of a trial of PFMT, service users were involved from the outset and became part of a co-production approach to the implementation and evaluation of new service delivery models. Their

views and experience were then used as the basis for designing and developing services for POP in five sites across the UK.

Methods: Twenty-two women currently receiving treatment for POP, in purposively sampled sites were self-selecting for participation in focus groups and telephone interviews. The main topics of both were current service provision and ideal service configurations to meet the needs of women with POP. The resulting qualitative data were analysed thematically.

Results: The desire for involvement in decision regarding PFMT service configurations was made very clear by women, whose experience of POP had been largely ignored or had to fit with current service delivery options which were, for many reasons, largely unsuitable in meeting their needs.

Conclusions:

This involvement formed the basis for the implementation and evaluation of new PFMT services in five sites. This co-production approach was invaluable in demonstrating 'what women want' but also 'what works' for POP and PFMT.