

Women and men's health physiotherapy outpatient service

What is the Women and Men's Health Physiotherapy Service?

The service consists of five physiotherapists who are highly specialised in pelvic, obstetric and gynaecological conditions. The physiotherapists provide assessment and treatment for women, men and teenage girls presenting with conditions affecting the bladder, bowel and pelvic region.

Why chose to come to this service?

The service accepts referrals for people with various conditions such as:

- Incontinence of the bladder and bowel
- Vaginal prolapse
- Pre and post-operative Radical Prostatectomy
- Obstetric related musculoskeletal discomfort
- Postnatal 3rd and 4th degree tears

Why do I need treatment?

The service runs as part of a multidisciplinary team, liaising with Midwives, Continence advisors, Specialist Urology and Gynaecology Nurses, Uro-Gynae Specialist, Paediatricians and Health Visitors.

Patients can access the service by a referral from their local GP, Hospital Consultant, Gynaecologist, Urologist or Obstetrician.

Where can I expect my treatment to be?

We provide Women and Men's Health outpatient physiotherapy from 4 different locations across East Sussex:

- **Conquest Hospital - Area B1, The Ridge, St. Leonards-on-Sea, East Sussex, TN37 7RD**
- **Eastbourne District General Hospital - Area D, Kings Drive, Eastbourne, East Sussex, BN21 2UD**
- **Rye, Winchelsea and District Memorial Hospital - Peasmarsh Road, Rye Foreign, Rye, East Sussex, TN31 7UD**
- **Uckfield Community Hospital - Framfield Road, Uckfield, East Sussex, TN22 5AW**

How do I contact the department?

All referrals are managed through a central administration team. For all appointment booking and enquiries please Tel: (01323) 414936.

This phone line is open, Monday to Thursday - 8:00am to 6:00pm and Fridays 8:00am to 5:30pm.

You can also contact us via email: esht.outpatientphysiotherapy@nhs.net

Attending an Appointment?

Where possible, please report to the physiotherapy receptionist. Some sites do not have a receptionist and, in this instance, please take a seat in the waiting area. A physiotherapist will come out to greet you at your appointment time.

If you are waiting more than 10 minutes past your appointment time, please notify a member of staff in the area.

What should I bring to my Physiotherapy appointment?

Sometimes information sheets are sent prior to attending and patients should read or complete any given charts ready to bring with them to their appointment.

It is helpful if you bring a list of your current medications and reports of any relevant investigations or tests that you may have had. This may help with planning your treatment and care.

What should I wear to my Physiotherapy Appointment?

You might prefer to wear loose, comfortable clothing to your appointment. You may be asked to remove items of clothing to complete our assessment. If this occurs we can arrange for a chaperone to be present, at your request. You will always be examined in a private room, curtained or screened cubicle.

How long does a Physiotherapy Appointment last?

Your initial appointment will last for approximately 40 minutes, and follow up appointments will be for of approximately 20 minutes duration.

What if I am unable to attend my appointment?

We try to agree your initial appointment date and time with you to avoid you missing or needing to cancel. However we ask you notify us at least 24 hours in advance if you are unable to attend your appointment.

If you fail to notify us that you are unable to attend your first appointment, you may be discharged from the service.

If you fail to attend more than two mutually agreed follow up appointments, you may be discharged from the service.

What should I expect at my initial appointment?

Your physiotherapist will introduce themselves and ask you to confirm your name, contact details and information relating to the history of your presenting problem. The physiotherapist will then be able to assess your problem and discuss treatment strategies. You will be able to discuss specific goals and the amount of input needed for your condition, which will vary according to your particular need.

What should I expect in my follow up appointments?

Your physiotherapist will review your condition and change your treatment plan according to your progress. Common treatments are:

- Pelvic floor muscle rehabilitation
- Bladder retraining

- Lifestyle advice
- Exercises for specific surgery such as gynaecology and radical prostatectomy
- Antenatal joint discomfort management and bladder weakness
- Early post natal advice for problematic discomfort and bladder weakness

What if Physiotherapy does not work for me?

If appropriate, your physiotherapist will discuss with you an onward referral for a specialist opinion, and why. (They will then send an onward referral on your behalf.)

Consent

Although you consent for this treatment, you are able, at any time, to withdraw your consent. Please discuss this with your physiotherapist.

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: (01323) 417400 Ext: 5860 or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 01424 755255 Ext: 2620

Reference

The following clinicians have been consulted and agreed this patient information:

Hilary Kircher – Clinical Operational Lead Outpatient Physiotherapy

Penny Phillips – Senior Women's Health Physiotherapist

Next review date: August 2020

Responsible clinician/author: Hilary Kircher – Clinical Operational Lead Outpatient Physiotherapy

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