

Service Evaluation: A preventative approach to managing Pelvic Girdle Pain (PGP) in pregnancy

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INTRODUCTION

During pregnancy all women without contraindications should be encouraged to participate in exercise as part of a healthy lifestyle.

A barrier during pregnancy that can prevent physical activity is **Pregnancy Related Pelvic Girdle Pain**.

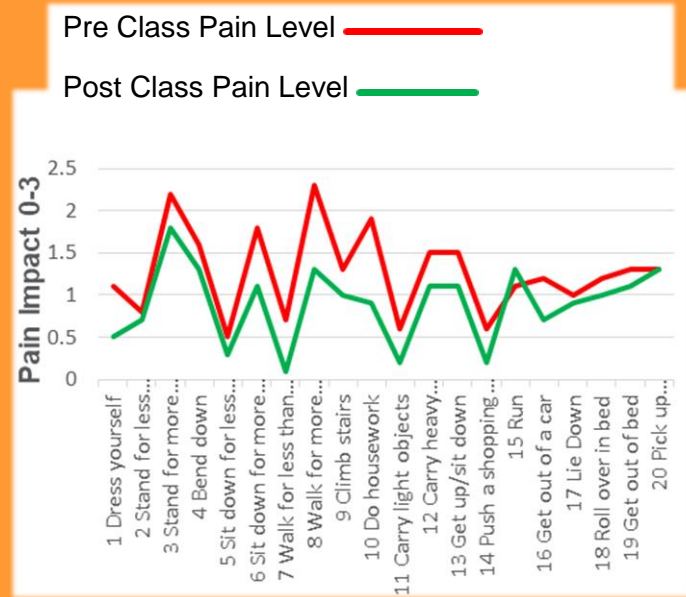
AIM

Design and implement a class informing antenatal women of the benefits of being active throughout their pregnancy, including physical activity recommendations and the self-management of mild to moderate Pelvic Girdle Pain.

Method

- 50 antenatal women attended the Exercise in Pregnancy Class between 12-28 weeks of pregnancy.
- The one-off class consisted of a mixture of educational advice and the completion of exercises under obstetric physiotherapist supervision.
- Patients filled out a screening/consent form and completed a PGP specific outcome measure, The Pelvic Girdle Questionnaire (PGQ): A Condition-Specific Instrument for Assessing Activity Limitations and Symptoms in People with Pelvic Girdle Pain.
- The questionnaire required patients to assess how problematic it was because of their pain to complete various activities of daily living (ADL'S).
- **The patients were then required to complete the PGQ after following advice/recommendations and completing the exercises for 4 weeks.**

Results



10 patients completed the pre/post intervention PGQ. The pain impact score during activities of daily living following the intervention **improved by 95%**.

50 patients attended the class; **only 8 patients required further treatment** for management of their symptoms. These 8 patients had either comorbidities or risk factors for PGP.

84% of patients who attended the class did not require further treatment.

Conclusion

This project highlights the importance of providing a preventative approach to the management of PGP during pregnancy.

It supports recommendations of the importance of exercise during pregnancy. It shows the need for a preventative method to managing PGP oppose to a reactive strategy and the importance of patients gaining quicker access **to these strategies**.