



Hands On Pessary Workshop

RANZCOG ASM Pre Conference Workshop

Saturday, 18 October 2025

08:30 – 12:30

Adelaide Convention Centre

Facilitator: Yu Hwee Tan

Faculty: Bernadette Brown, Felicity Crouch, Dr Stacey Davie, Tim Dawson, Neirmine Malak, Jennifer Rayner, Ruchi Singh, Melissa Smith

Overview

This half day workshop is a comprehensive Pessary Workshop led by UGSA, designed for healthcare professionals involved in pessary fitting and pelvic floor management. This hands-on workshop will cover clinical assessment of pelvic organ prolapse and levator muscle avulsion injuries, as well as recognising common vaginal and pelvic pathology during examinations. It will explore the physiotherapist's role in effective and safe pessary fitting, along with best practices for establishing a nurse-led pessary service, follow-up systems, and models of care. Participants will gain insights into credentialing in pessary care and fitting, as well as managing complications such as erosions, infections, and ulcerations. The workshop will also cover pessary care, self-management, and patient education in line with TGA guidelines, alongside an introduction to prasterone in pessary care. A hands-on practical session with pelvic models and real-world case studies will enhance clinical skills and confidence in pessary management.



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0830 – 0835	Welcome & Housekeeping - Dr Yu Hwee Tan
0835 - 0850	Clinical assessment and staging of pelvic organ prolapse and levator muscle avulsion injuries Dr Stacey Davie
0850 – 0910	Common vaginal and pelvic pathology to look out for on vaginal and pelvic examination Dr Ruchi Singh
0910 - 0930	The role of a physiotherapist in effective and safe pessary fitting - Neirmine Malak
0930 – 0950	Setting up a nurse-led pessary service, follow up system and models of care Credentialling in pessary care and fitting Jennifer Rayner & Melissa Smith
0950 – 1010	Management of pessary complications: Erosions/granulation tissue, infection, ulcerations and tears Dr Bernadette Brown
1010 – 1025	Morning tea
1025 – 1045	POP vs SUI pessaries: How do they work? Which pessary for which patient? Contraindications to Pessary, Risk factors for failure Dr Tim Dawson
1045 – 1105	Recommended practice for pessary care, self-management and patient education (TGA guidelines) Dr Yu Hwee Tan
1110 – 1215	Practical sessions (Groups swap after 30 mins) Group A Practical session with pelvic models Group B Case Studies
1210 – 1230	Q&A and Close