



Hands On Pessary Workshop
RANZCOG ASM Pre Conference Workshop
Saturday, 18 October 2025
08:30 – 12:30

Facilitator: Yu Hwee Tan

Faculty: Bernadette Brown, Felicity Crouch, 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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Time	Session	Speaker/Facilitator
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	The role of a physiotherapist in effective and safe pessary fitting	Neirmine Malak/Felicity Crouch
0910 – 0930	Common vaginal and pelvic pathology to look out for on	Dr Ruchi Singh

	vaginal and pelvic examination	
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	<i>POP vs SUI pessaries: How do they work? Which pessary for which patient?</i> <i>Contraindications to Pessary, Risk factors for failure</i>	<i>Dr Tim Dawson</i>
1045 – 1105	Recommended practice for pessary care, self-management and patient education (TGA guidelines)	Dr Yu Hwee Tan
1110 – 1210 (Groups swap after 30 mins)	Practical sessions Group A Practical session with pelvic models Group B Case Studies	All facilitators Dr B Brown, Dr T Dawson, J Rayner, M Smith, N Malak, F Crouch Dr Y Tan, Dr S Davie, Dr R Singh
1210 – 1230	Q&A Close	

Learning outcomes:

- To identify patients who are appropriate for pessary management
- To provide safe and effective management of pelvic organ prolapse with pessaries
- Understand the role of the multidisciplinary team in caring for women with pelvic organ prolapse who are being managed with pessaries
- Recognising complications of pessaries and how to manage these
- Understand how to safely fit pessaries and provide long term care