



## Defense Health Agency (DHA) Clinical Communities Speaker Series

### FEB 2024 CCSS: Clinical Considerations and Current Trends in Women's Health

#### S04: Clinical Perspectives on the Complex Intersection of Pelvic Floor Disorders and Mental Health

##### Resource List

[The Academy of Pelvic Health Physical Therapy](#) (2023) is an affiliate component association of the American Physical Therapy Association (APTA). The mission of this program is to advance global excellence in abdominal and pelvic health through evidence-based practice, innovative education, research, and social responsibility. Collaborative efforts between physical therapists (PTs) and other healthcare providers are explored in this program, aiming to provide comprehensive and holistic approaches to improved patient well-being and access to care. This section of the APTA offers information on continuing education courses, recognized certification programs, Journal of Women's and Pelvic Health Physical Therapy, Clinical Practice Guidelines, and a host of other pelvic health resources. There is also a link available to assist with locating a licensed PT that specializes in pelvic health.

The National Institute of Child Health and Human Development (NICHD) has a dedicated webpage for [Pelvic Floor Disorders \(PFDs\)](#) (2020). General information about the symptoms, cause, diagnosis, and treatment for PFDs are available. NICHD supports and conducts research to evaluate therapies and improve ways to measure treatment outcomes and patient satisfaction. NICHD-supported researchers have predicted that the number of surgical patients for PFDs will increase significantly. Scientists seek to better understand the basic mechanisms of PFDs and how pregnancy and childbirth-related injuries might affect a woman's risk of developing this condition. A link to current research information as well as opportunities for clinical trials are listed on this webpage.

The journal article, [Enhancing Behavioral Treatment for Women with Pelvic Floor Disorders: Study Protocol for a Pilot Randomized Controlled Trial](#) (2020), notes that one in four American women report bothersome urinary symptoms which greatly impact quality of life. Current methods to treat urinary symptoms, such as physical therapy and medications, do not address their emotional impact. This article reports on a randomized control trial (RCT) of cognitive-behavior therapy (CBT) using the Unified Protocol (UP) versus supportive therapy in the context of integrated behavioral treatment in the urogynecology context. Assessments of urinary symptoms, anxiety, and other indicators of psychological and physical functioning are completed at baseline, mid-treatment, post-treatment, and at three- and six-month follow-ups using patient-reported outcomes. This research was supported by grants from the Women's Board of Northwestern Memorial Hospital and the National Institute of Diabetes and Digestive and Kidney Diseases.

The U.S. Food and Drug Administration (FDA) has provided [Recommendations for Health Care Providers Treating Stress Urinary Incontinence \(SUI\)](#) (2019). The FDA recommends that providers obtain specialized training for each SUI mesh placement technique. Providers should be vigilant for potential adverse events and watch for complications associated with use of the tools used in transvaginal placement of the mesh sling during the procedure. Items necessary to inform patients about include the likely success of the procedure, postoperative risks and potential complications, and name of the product used. Providers are encouraged to voluntarily report any adverse events to the FDA Safety Information and Adverse Event Reporting program.



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### References

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National Institutes of Child Health and Human Development (NICHD). (2020). Pelvic Floor Disorders.

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