

Prevention-focused community education empowers women with the knowledge, confidence and skills to better manage their pelvic health.

Background

- Long waits (up to 78 weeks), pathway variation and increasing demand highlighted the **need for urogynaecology pathway redesign**.
- Women reported difficulty accessing information, support and conservative management.

Methods

- **System-wide urogynaecology pathway review** across six boroughs in South East London.
- **Pathway mapping and demand analysis**.
- **Co-design** with women, clinicians and community partners.
- Development of a standardised **pelvic health information bundle**.
- **Delivery of 4 Community Education Days, reaching 110 women**.
- Creation of a **scalable community-based education model** for pelvic health.

Impact on Women

- **Knowledge improved significantly**, with average PIKQ-UI scores increasing from 8.27 to 10.51 out of 12 and 79% of participants demonstrating improved knowledge following attendance.
- Participants reported **increased confidence in understanding** and managing bladder and pelvic health symptoms.
- Strong **evidence of intended behaviour change**, including adoption of pelvic floor exercises, lifestyle changes and self-management strategies.
- Some women reported a **reduced perceived need for specialist care** following attendance, suggesting improved understanding of conservative management options.

Service and System Learning

- **Community and primary care promotion** routes were far more effective than secondary care waiting-list communications in attracting participants.
- **Trusted community partnerships** were critical to success, with attendance increasing substantially as the delivery model evolved.
- Women particularly valued community-based, non-clinical settings, which helped **reduce stigma and encouraged open discussion** of pelvic health concerns.
- Findings suggest Community Education Days may have greatest value as a **prevention and early intervention model**, providing education and support before specialist referral becomes necessary.



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