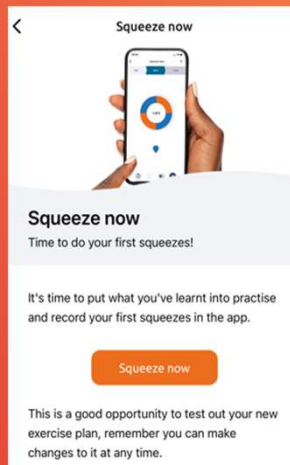


Digital 'mHealth' for "waiting well" with SUI/OAB/POP

6-month pilot of 63 patients
12-week digital programmes

18 - condition resolved
22 - condition improved
21 - stayed the same



Background:

Long waiting lists for physiotherapy and gynaecology necessitate innovation – digital programmes can support “waiting well”, reduce symptoms and support first-line lifestyle changes and pelvic floor exercise programmes.

How?

- Self-referral or via GP / hospital clinics
- Simple online assessment establishing symptoms, including a 3-day bladder diary
- Non-AI clinical triage by specialist physiotherapists
- Red flag screening
- Directed to suitable programme, if indicated

Programmes include:

Validated outcomes - ICIQs and GAD7
Lifestyle changes – fluid /diet/smoking & weight management, movement, toilet habits
Behaviour changes – bladder retraining/urge suppression
Graded pelvic floor exercise programme
Exercise progression – for return to function
Reminder function and patient feedback on adherence

In line with NHS NICE guidelines (NG210) and using a Digital First approach as per the NHS 10year plan

Results:

- Average of 3.7 days from triage to treatment start, compared with 8 month wait for physiotherapy
- Supports patients to be active in their management
- No patients reported negative outcomes
- Patients with full symptom resolution each saved 83 mins of clinician time
- Patients with partially improved symptoms have a better understanding of what they need to do
- Complex patients accessing care faster

Future:

Increase infographics tips to improve outcome completion
Improve patient useability with a “programme pause” function
Additional programme designed to support complex/mixed symptoms with simple ‘first steps’ programme
Reduce OAB programme to 6 weeks in line with guidelines

“Doing the exercises have massively improved my symptoms, with no more leaks experienced that made social outings awkward, always on the look out for a toilet.”

“No just in case emptying of bladder, improved bladder capacity. Can exercise without leak, gaining great confidence with sneezing without leak”

Chrissie Edley, Physiotherapist,
Milton Keynes University Hospital NHS Trust, UK
Myra Robson, Physiotherapist, Living With

[www.ics.org/2026/abstract/Abstract 468](http://www.ics.org/2026/abstract/Abstract%20468)