

Introduction

Pelvic organ prolapse (POP) is a major public health problem. Symptomatic POP (sPOP) affects quality of life and implies an increased risk for surgery. Many women become symptomatic later in life and therefore, most existing research predominantly focuses on postmenopausal women. However, bothersome symptoms of POP may occur shortly after vaginal delivery (VD). This paper provides insight into fertile women's daily physical active lives in order to better understand their situation and improve care for this group.

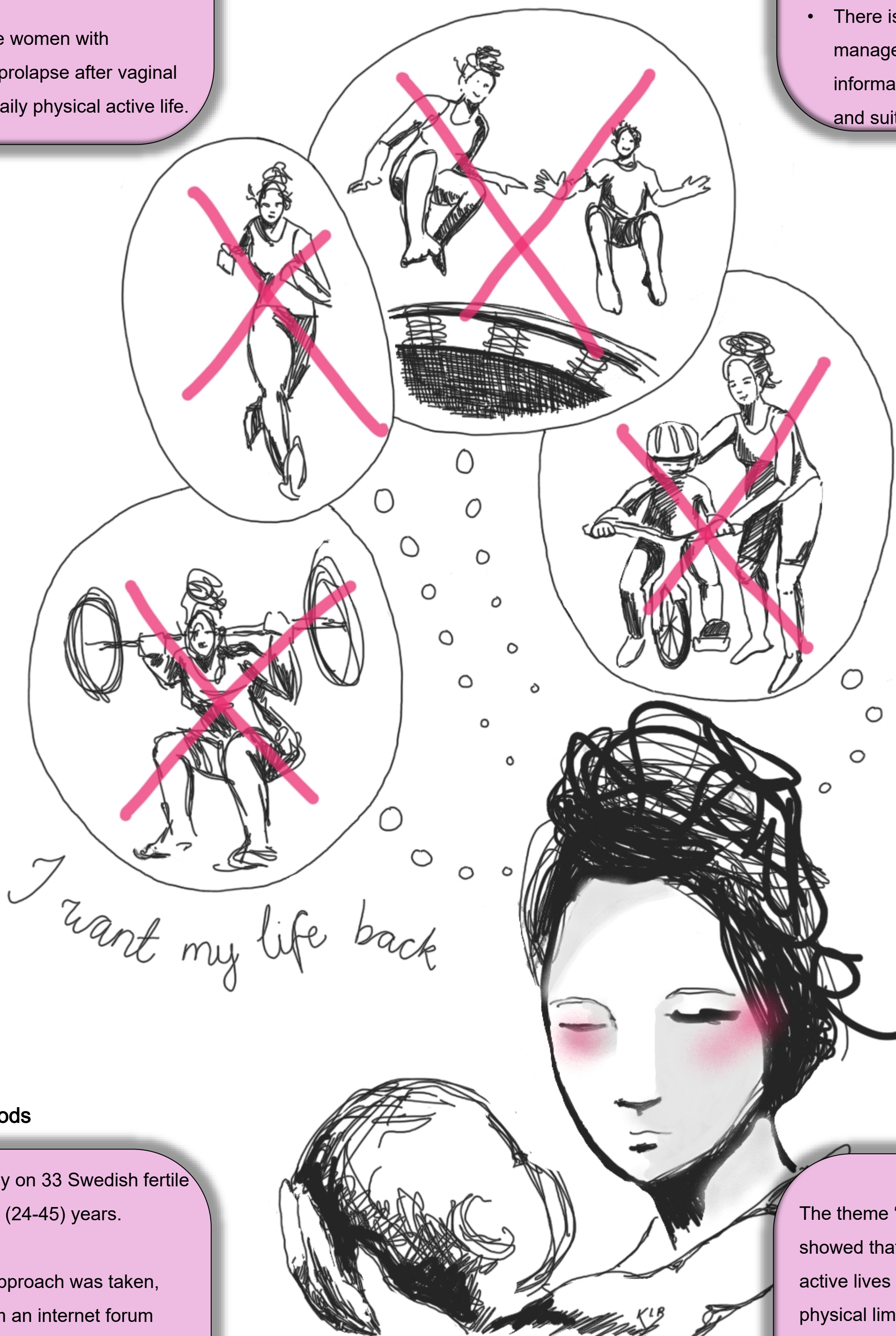
Aim: To explore how fertile women with symptomatic pelvic organ prolapse after vaginal delivery experience their daily physical active life.

Conclusion

Symptomatic POP has a significant impact on women's active life. The condition restricts daily and sports activities and affects the ability to fulfil everyday parental duties. In addition, the lack of information from healthcare providers regarding suitable physical activities adds more emotional stress and worsens the situation.

Clinical implications

- It is of the utmost importance to acknowledge this problem.
- There is a need to develop guidelines for management of sPOP after VD, including information regarding safe lifting techniques and suitable exercises.



Methods

This was a qualitative study on 33 Swedish fertile women. Mean age was 27 (24-45) years.

An inductive, text-driven approach was taken, selecting thread posts from an internet forum written by 33 women. The data presented in this abstract stem from a larger empirical data that explored fertile women's experiences of symptomatic POP after vaginal delivery (VD). Data were processed using qualitative content analysis. The data consisted of chains of questions and answers or comments on the topic of sPOP, posted on an online forum by fertile women who had experienced sPOP after VD.

Results

The theme "**Ruined active life**" showed that the women experienced that their active lives were ruined because of unexpected physical limitations caused by sPOP.

Psychological suffering due to:

- fear of lifting the baby and performing basic daily activities
- inability to play active games with kids
- inability to participate in high-intensity exercise
- lack of information regarding suitable physical activities