

# Vaginal ring pessary training

Designed for all professionals that fit vaginal pessaries

## Key Information



Who training is for  
**Registered  
Healthcare  
Professionals**



Length of course  
**4 hours**



Per delegate cost  
**£95**



Format of course  
**Live via Zoom or  
Face-to-face**



Dates of course  
**TBC**



CPD Hours  
**4 hours**



HEALTH  
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## Course Summary



Our 'Vaginal Ring Pessary Training' Course covers the theoretical and practical skills and knowledge required to safely fit and change vaginal (ring) pessaries. Understand the female genital tract, recognise signs and symptoms of uterovaginal prolapse and learn how this condition is managed both through surgical and non-surgical methods.

## Course Content



### Understanding the Female Genital Tract

Anatomy and physiology



### Recognising Signs and Symptoms of Prolapse

Identification of signs and symptoms  
Types of prolapse  
Case studies



### National Guidelines and Current Standards

Review of national guidelines for prolapse management  
Staying up to date on current standards and evidence-based practices  
Integrating guidelines into clinical decision making



### Uterovaginal Prolapse Management

Conservative approaches to prolapse management  
Understanding the role of gynaecological surgery  
Understanding the role of HRT  
Shared decision making and patient centred treatment plans



### Vaginal Ring Pessaries

Types of pessaries  
Indications and contraindications  
Practical guidance on how to fit and change a ring pessary  
Strategies for identifying common problems and practical solutions  
Ongoing care and management



### Professional Accountability

Legal and ethical considerations  
Documentation and record-keeping  
Maintaining professional competence



### Putting it all Together in Practice

Review of key concepts  
Q&A session and discussion

# Detailed Course Description



This half-day course is designed to equip healthcare professionals with the knowledge and skills necessary to proficiently perform vaginal ring pessary fitting and exchange. The comprehensive curriculum covers both conservative and surgical management of uterovaginal prolapse, ensuring participants are well-prepared to address the evolving needs in the specialised field of Urogynaecology.

Developed in line with UK National Standards and Guidelines (including those in England, Wales, Scotland and Northern Ireland) and guidance from the NHS, NICE and the United Kingdom Continence Society (UKCS).

Upon successful completion of the course, participants earn a certificate in Vaginal Ring Pessary Training, providing a pathway to gain clinical competence and practice under supervision through hands-on experience and mentorship in practice.

Vaginal Ring Pessary Training: Core Modules

- Understanding the Female Genital Tract
  - Anatomy and physiology
- Recognising Signs and Symptoms of Prolapse
  - Identification of signs and symptoms
  - Types of prolapse
  - Case studies
- National Guidelines and Current Standards
  - Review of national guidelines for prolapse management
  - Staying up to date on current standards and evidence-based practices
  - Integrating guidelines into clinical decision making
- Uterovaginal Prolapse Management
  - Conservative approaches to prolapse management
  - Understanding the role of gynaecological surgery
  - Understanding the role of HRT
  - Shared decision making and patient centred treatment plans
- Vaginal Ring Pessaries
  - Types of pessaries
  - Indications and contraindications
  - Practical guidance on how to fit and change a ring pessary
  - Strategies for identifying common problems and practical solutions
  - Ongoing care and management
- Professional Accountability
  - Legal and ethical considerations
  - Documentation and record-keeping
  - Maintaining professional competence
- Putting it all Together in Practice
  - Review of key concepts
  - Q&A session and discussion

## Course Alignment

This course has been developed in line with the following guidelines:

NICE guideline [NG123] Urinary incontinence and pelvic organ prolapse in women: management  
<https://www.nice.org.uk/guidance/ng123>

UKCS Clinical Guideline: <https://www.ukcs.uk.net/UK-Pessary-Guideline-2021>