

# Surgery and physiotherapy for prolapse to avoid recurrence: a feasibility study

<b>Submission date</b> 01/06/2010	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 02/08/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 02/06/2015	<b>Condition category</b> Urological and Genital Diseases	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
PRF/09/1

## Study information

**Scientific Title**

A two-group, single-blind, randomised controlled study to assess the feasibility of physiotherapy following surgery for prolapse to avoid recurrence

## **Acronym**

SUPER

## **Study objectives**

Women who undergo physiotherapy intervention following surgery for pelvic organ prolapse have short and long term symptom benefit when compared to those who do not have such an additional intervention

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Under application

## **Primary study design**

Interventional

## **Study design**

Two-group single-blind feasibility study

## **Study type(s)**

Treatment

## **Health condition(s) or problem(s) studied**

Pelvic organ prolapse

## **Interventions**

The control group will receive a lifestyle advice only

The treatment group will receive one pre-operative appointment, one post-operative appointment on the ward, followed by 6 appointments with a physiotherapist to encourage pelvic floor muscle training. Home exercises and lifestyle advice will also be provided.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

1. Pelvic organ prolapse symptom score
2. Organ prolapse quantification system

All outcome measures will be completed pre-intervention and 6 and 12 months post-intervention

## **Key secondary outcome(s)**

1. Incontinence Questionnaire Short Form (ICIQ-SF)
2. Pelvic Organ Prolapse/Urinary Incontinence Sexual Questionnaire (PISQ-12)
3. Digital assessment of pelvic floor muscles
4. SF-12

All outcome measures will be completed pre-intervention and 6 and 12 months post-intervention

**Completion date**

31/05/2012

## Eligibility

**Key inclusion criteria**

Women who undergo surgery for pelvic organ prolapse and are able to attend for pre and post operative follow-ups

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

Female

**Key exclusion criteria**

Women who have undergone individual Pelvic Floor Muscle Training (PFMT) during the previous 3 years or have undergone surgery for gynaecological cancer

**Date of first enrolment**

01/06/2010

**Date of final enrolment**

31/05/2012

## Locations

**Countries of recruitment**

United Kingdom

Scotland

**Study participating centre**

Glasgow Caledonian University

Glasgow

United Kingdom

G4 0BA

## Sponsor information

## Organisation

Physiotherapy Research Foundation (UK)

## ROR

<https://ror.org/04sn78z72>

## Funder(s)

### Funder type

Charity

### Funder Name

Physiotherapy Research Foundation (UK) (ref: PRF/09/1)

## Results and Publications

### Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Not provided at time of registration

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/07/2014		Yes	No