ISRCTN08203457 https://doi.org/10.1186/ISRCTN08203457

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

Submission date
01/06/2010

Recruitment status
No longer recruiting

Registration date
02/08/2010

Overall study status
Completed

Last Edited
02/06/2015

Condition category
Urological and Genital Diseases

[_] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[X] Results
[_] 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?
Results article	results	01/07/2014		Yes	No