

## Vaginal Pessary Training

Date	Time	Venue
Thursday 9 <sup>th</sup> October 2025	1pm – 3pm	Mastercall, International House, Pepper Road, Hazel Grove SK7 5BW

### Target Audience:

This two-hour session is predominantly aimed at Practice Nurses and GPs who can do speculum examinations and cervical smears. However, the session is also of benefit to those who cannot do examinations and smears but plan to change Pessaries in nursing homes. All delegates should be competent to perform vaginal examinations prior to attending this training.

**Course Aim:** The course aims to provide delegates with the theoretical and practical knowledge and skills to enable them to change Ring, Shelf & Gelhorn Pessaries.

**Learning Objectives:** Upon successful completion of this course delegates will be able to:

- Take a history of symptoms such as abnormal bleeding
- Describe the pelvic floor anatomy and physiology
- Recognise the symptoms of and diagnose a prolapse
- Discuss the treatments options available for dealing with a prolapse
- Discuss the range of Pessaries available
- Remove and insert a Pessary in a model pelvis
- Assess to detect complications and their management
- Understand when patients should be referred for further assessment
- Discuss pessaries for stress incontinence with a Specialist Pelvic Floor Physiotherapist

**Trainer:** Dr Kapilmeet Kaur and Dr Shivani Batra, Consultant Obstetrics & Gynaecologists with special interest in Urogynaecology, Stockport NHS Foundation Trust, Leah Hilton, Urogynaecology Specialist Nurse, Stockport NHS Foundation Trust and Felicity Nicholson, Specialist Pelvic Floor Physiotherapist.

**Refreshments Provided:** Unfortunately, no refreshments are provided, please take drinks with you as required.

**Cost:** This course is free of charge for all those who work in Stockport General Practices.

### **Booking Information:**

Bookings for this course should be made via Ticket Tailor, using this booking link – <https://buytickets.at/nhsgreatermanchestersstockport/1769954>.

External delegates can book via e-mail to [gmicb-sto.learningdevelopment@nhs.net](mailto:gmicb-sto.learningdevelopment@nhs.net).

Enquires can be made via [gmicb-sto.learningdevelopment@nhs.net](mailto:gmicb-sto.learningdevelopment@nhs.net) or 07393 798115.

### **Terms and Conditions**

Please note that it is an employer's responsibility to ensure that individuals employed in any patient facing role (including receptionists) are up to date with the recommended vaccinations for healthcare staff as outlined in the Green Book <https://www.gov.uk/government/publications/immunisation-of-healthcare-and-laboratory-staff-the-green-book-chapter-12>

Please see full Terms and Conditions outlined in the GP Learning & Development Portfolio.

### **Virtual Sessions**

Please note these sessions may be recorded and shared with others working across Stockport in Health & Social Care. If you attend these sessions, we will assume, you consent to the event being recorded and shared. If you have any concerns around this please email [gmicb-sto.learningdevelopment@nhs.net](mailto:gmicb-sto.learningdevelopment@nhs.net)

### ***Non-Attendance/Cancellation***

The department is sympathetic to issues which may arise, however, if an individual is unable to attend an event for any reason, the learning and development team should be contacted via e-mail on [gmicb-sto.learningdevelopment@nhs.net](mailto:gmicb-sto.learningdevelopment@nhs.net) as soon as possible to cancel or defer the booking. Cancelling may enable another individual to attend instead which will help ensure best use of our resources.

If you have any enquires around this please email [gmicb-sto.learningdevelopment@nhs.net](mailto:gmicb-sto.learningdevelopment@nhs.net)