

Diagnosis

Referral

General practitioner/Specialist

Referral SUI

- Causal factors (e.g. operation)
- Obstructive factors
 - Local (e.g. prolapse)
 - In general (e.g. diabetes)
- Awareness of pelvic floor +/-

Physical therapy

- Patient education and information on health problem, and possible diagnostic and treatment forms

Diagnosis

- History taking
 - In general
 - Specific:
 - Self-report
 - Questionnaires (e.g. PRAFAB)
 - Diaries (e.g. voiding diary)
- Observation and physical assessment:
 - In general
 - Local
 - Functional tests (e.g. padtest)

Not internal

- Observation (wearing underwear)
- Palpation (wearing underwear)

Internal

- Observation (not wearing underwear)
- Palpation (not wearing underwear)
 - Vaginal/anal
- Use PERFECT diagram

Analysis

Health problem SUI

- severity
- Nature
- Obstructive factors:
 - Local
 - In general
- Awareness +/-
- Prognostic factors
- Influence by physical therapy +/-

Problem area's

- SUI with dysfunction of pelvic floor
 - No awareness
 - Awareness
- SUI without dysfunction of pelvic floor
- SUI and general obstructive factors

Therapy

Therapy
Formulation of treatment plan

- Treatment goals
- Treatment procedures
- Evaluation moments

In general

- Information
- Breathing
- Posture
- Toilet behavior

Local

Not internal

- 1 SUI without dysfunction of pelvic floor
 - Pelvic floor muscle exercises
 - Option vaginal cones

Goal: compensation
 Expectation: chance on complete recovery small
- 2 SUI with dysfunction of pelvic floor
 - In case of awareness: see 3
 - Unsatisfactory results: back to referring physician
- 3 SUI with dysfunction of pelvic floor
 - Isolated pelvic floor muscle exercises
 - Pelvic floor muscle exercises within daily living activities
 - Awareness multiple complex
 - Automatic activity

Goal: full recovery
 Unsatisfactory results: back to referring physician

Internal

- 1 SUI without dysfunction of pelvic floor
 - Pelvic floor muscle exercises
 - Option vaginal cones

Goal: compensation
 Expectation: chance on complete recovery small
- 2 SUI with dysfunction of pelvic floor
 - Electro-stimulation and pelvic floor muscle exercises
 - Biofeedback and pelvic floor muscle exercises
 - In case of awareness: see 3
 - Unsatisfactory results: back to referring physician
- 3 SUI with dysfunction of pelvic floor
 - Isolated pelvic floor muscle exercises
 - Pelvic floor muscle exercises within daily living activities
 - Awareness multiple complex
 - Automatic activity

Goal: full recovery
 Unsatisfactory results: back to referring physician

Evaluation and report

