

The general aim of my PhD study is to investigate the effects of obstetric perineal trauma on pelvic floor health and quality of life in Icelandic women and whether early physiotherapy intervention enhances health and strength related to the pelvic floor.

We began to study the prevalence of pelvic floor symptoms in relation to obstetric factors after first delivery. Women, after first childbirth are asked to answer the Icelandic version of the validated Australian pelvic floor questionnaire six weeks postpartum and information is collected from the Icelandic birth registry. Women who answer positively about pelvic dysfunction such as urinary or anal incontinence are offered to participate in a single blind randomized controlled trial where we compare the effect of an early physiotherapy intervention, including pelvic floor muscle training, education and more, with standard care on symptoms of pelvic floor dysfunction, quality of life and PFM strength. In this part we use the Quintet device, Neuro Trac Simplex and the periform vaginal probes with good results. The participants have been delighted to work with this device and find the feedback encouraging and really clear. I'm now close to recruiting half of the participants I need and everything has worked great technically. I'm also interested in buying, in the near future new devices from Quintet with electrical stimulation as well and hopefully the computer software.

I'm so lucky to have Professor Kari Bø as my advisor in the PhD study as well as my Masters study some years ago.

Þorgerður Sigurðardóttir physiotherapist
PhD student
Reykjavík, Iceland.