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**Quiz: Pelvic floor education**

1. What percentage of women over 50 will have some form of prolapse?
2. 25%
3. 30%
4. 43%
5. 50%
6. True or false: urinary incontinence is estimated to affect between 1 and 3 million peoplein the UK.

True 🞏 False 🞏

1. According to the MASIC Foundation, what percentage of women who give birth vaginally can develop some form of bowel incontinence?
2. 1%
3. 5%
4. 10%
5. 25%
6. True or false: there is no standardisation of pelvic floor services in the UK.

True 🞏 False 🞏

1. What does the acronym PEACHES stand for?

**P**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**E**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**A**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**C**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**H**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**E**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**S**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Answers**

1. **D.** 50%
2. **False.** It is a very common problem and it is estimated to affect between **3 and 6 million** people in the UK
3. **C.** More than 10% of women
4. **True.** Treatment varies hugely depending on where you live.
5. **P**osition (birthing position can have an impact on stress to the perineum)

**E**xtra midwife (present at birth)

**A**ssess the perineum (throughout)

**C**ommunication

**H**ands-on technique

**E**pisiotomy if required

**S**lowly