

Uterine Prolapse: A Literature Review

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Abstract:- Uterine prolapse is a condition where the uterus slips out of its normal position. 35-60 % of women those who have given birth developed uterine prolapse, Surgery is often required to treat uterine prolapse, but unfortunately, and up to 35% of those who undergo surgery will require repeat surgery. Uterine prolapse can occur even after a hysterectomy, which suggests that the current surgical management may not be effective in all cases. The prevalence of uterine prolapse is likely to increase with increasing life expectancy, as women live longer and are more likely to experience symptoms associated with aging. There are two main types of uterine prolapse: Incomplete prolapse: the uterus slips partway into the vagina, creating a limp or bulge. Complete prolapse: the uterus slips so far out of place that some of the tissue drops outside of the vagina. Uterine prolapse is one type of pelvic organ prolapse, which is a condition where one or more of the organs in the pelvis (such as the uterus, bladder, or rectum) slip out of their normal position. It's great that you're highlighting the importance of finding more effective treatments for uterine prolapse, as it can significantly impact a woman's quality of life.

Keywords:- Uterus, Prolapse, Vagina, Hysterectomy, Cervix.

I. INTRODUCTION

The uterine prolapse is one of the gynecological problems in day to day life. It occurs the tissue and muscles get weak. The protrusion can involve various structures.

Pelvic floor is a complex system that relies on a delicate balance between muscle tone and ligamentous support to maintain normal function and prevent protrusions or herniation.

➤ Definition:

Uterine prolapse is defined as the, uterus descent in to the vaginal wall because of weakness of the pelvic floor muscles.

➤ Causes:

- Chronic cough
- Bearing down effort
- Lack of pelvic support
- Obesity
- Weakness of the vagina and uterus (Congenital)

- **Other factors-** Chronic coughing or straining, Obesity, Chronic Constipation.

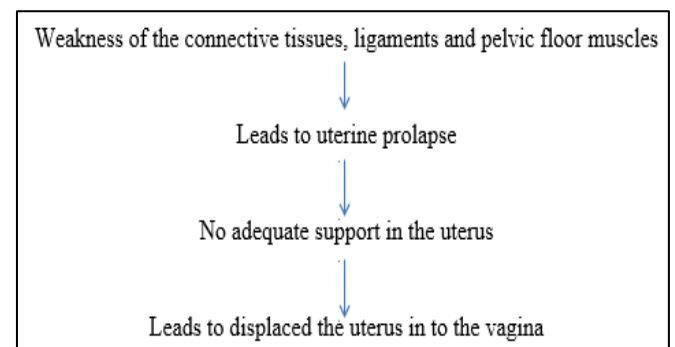
➤ Symptoms:

- Fullness in the vagina
- Asymptomatic
- More discharge from vagina
- Difficulty in passing urine
- Urinary incontinence
- Prolonged walking and standing
- Urinary tract infection
- Pain during intercourse
- Low backache
- Pain in the abdomen, pelvis
- Heaviness in the pelvis
- Discomfort when standing & walking

➤ Risk Factors:

- Age
- Multiparity
- Obesity
- Congenital defect
- Constipation
- Menopause
- Heavy lifting
- Prolonged cough
- Smoking
- Chronic Lung disease
- Previous pelvic surgery
- Uterine fibroids

II. PATHOPHYSIOLOGY



➤ *Stages of Uterine Prolapse:*

- Stage I -- Descent of the cervix in to the vagina.
- Stage II -- The uterus is descent of the cervix in to the introitus
- Stage III -- The uterus descent of the cervix outside the introitus
- Stage IV -- The uterus is fully out of the vagina



Fig 1: Stage III Uterine Prolapse



Fig 2: Stage IV Uterine Prolapse

➤ *Diagnostic Evaluation:*

- History Collection – To Collect detail history from their family. Age, parity, symptoms, past history, Obstetric history, occupation, menopausal status, previous history, and smoking.
- Physical examination (pelvic examination)- The patient should be examined in dorsal position. General examination, respiratory system, abdominal examination, local examination, prolapse, pelvic examination, rectal examination
- Dynamic MRI.
- Trans Labial Ultrasound.

III. MANAGEMENT

It includes conservative management and surgical treatment

A. Conservative Management:➤ *Vaginal Pessary:*

Several types of pessaries are available. Many people commonly used by ring pessary. Different sizes of pessaries available in the market. According to the patient condition Doctor will suggest the correct size of the pessary. Uterine prolapsed patient used pessary.

➤ *Exercise:*

One exercise may help the patient to strengthen the pelvic floor muscles is Kegel exercises.

B. Surgical Treatment:

- Abdominal hysterectomy- Remove the uterus through the abdomen
- Vaginal hysterectomy- Remove the uterus through the vagina

IV. CONCLUSION

Uterine prolapse is one of the common problems in Gynecological patients. Commonly multipara women will get uterine prolapse. It affects in any age like whoever heavy weight lifting, chronic coughing and smoking, mostly post-menopausal women affect by the uterine prolapse.

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