

## Book review

### **Multidisciplinary Management of Female Pelvic Floor Disorders**

Edited by Christopher R. Chapple, Philippe E. Zimmern, Linda Brubaker, Anthony R. B. Smith & Kari Bø  
Churchill Livingstone, Philadelphia, PA, 2006,  
369 pages, hardback, £92.99  
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This thorough and comprehensive book is relevant to all members of the multidisciplinary team (MDT), and provides a useful resource for clinicians with varying levels of interest and expertise. The respected editorial panel, balanced with two urogynaecologists, two urologists and an expert pelvic floor physiotherapist, have achieved their aim of providing a text for all disciplines. In doing so, the reader is provided with a collaborative approach to the management of pelvic floor dysfunction.

At first glance, *Multidisciplinary Management of Female Pelvic Floor Disorders* seems to be carefully organized, with a logical and progressive structure, and this impression is confirmed by well-defined chapters, bold headings and clear, colourful diagrams. The layout is pleasing to the eye, and the authors make their contributions easy to read without any loss of quality, depth or breadth. Built on the foundations of many current theories and practices, each chapter provides comprehensive and evidence-based material, whilst providing a diverse reference list, including both classic and current literature.

*Multidisciplinary Management of Female Pelvic Floor Disorders* begins with a short chapter on pelvic floor anatomy. This takes a descriptive approach, using basic and minimalist diagrams with detailed text, that can be difficult to follow. However, this is not the case in subsequent chapters. As the book leads into physiology, it is subdivided into: micturition and urine storage; anorectal function; and physiology of the vagina (primarily sexual function). Here the descriptions are clear and the text is sufficiently supported by diagrams to give an informative overview.

Further chapters address recent theories about urinary and anal incontinence, and the links with current treatment. The authors provide concise

descriptions of developments over the past century, utilizing landmark clinical trials to deepen the reader's understanding of the foundations of current practice.

By the fourth section, the editor's ethos has become very clear as contributors address diagnostic evaluation of urinary incontinence (UI). The book brings together varying MDT objective assessment tools for UI to provide a balanced view of the pros and cons of volume voiding charts, pad testing, flow rate, ultrasound scanning and urodynamic testing for diagnosis. This approach continues in the discussion of UI therapy, which describes pharmacological treatment, pelvic floor muscle training (PFMT) and surgical procedures.

Kari Bø's chapter on PFMT is the highlight of this section. Using only randomized controlled trials, she analyses stress urinary incontinence and urge incontinence. Bø covers biofeedback, cones, electrical stimulation, bladder training and strengthening programmes, concluding with a discussion of the evidence for long-term effects and motivation.

*Multidisciplinary Management of Female Pelvic Floor Disorders* then explores various surgical approaches in depth and requires its readership to have basic surgical knowledge. The descriptions of the techniques, results and complications, which are accompanied by photographs and diagrams, go beyond the needs of the physiotherapist, although the material presented may be of value for reference in specific cases. This caveat also applies to the subsequent sections of the book on fistula, intra-operative injury and congenital abnormalities.

As the book draws to a close, a section on irritative conditions covers urinary tract infections, interstitial cystitis and chronic pelvic pain, and gives an overview of the neurogenic bladder, demonstrating the sheer breadth of this text. Ensuring that the picture is complete, the editors' final chapter highlights the statistical issues that they have noted as being relevant to female pelvic floor disorders, in an attempt to encourage and aid the clinician to produce future quality trials.

In summary, *Multidisciplinary Management of Female Pelvic Floor Disorders* is a valuable

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addition to the library of any clinician with an interest in a collaborative approach to the diagnosis and treatment of pelvic floor disorders.

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