

ACPWH statement on the use of electrical stimulation of the pelvic floor muscles in women with recent abnormal cervical cytology

Many women undergo further investigation and treatment after an abnormal cervical smear test. The recommendations for cervical screening following this procedure have changed in recent years (NHSCSP 2004). The present statement aims to clarify clinical concerns as to when it is safe to use electrical stimulation in relation to these recommendations.

Women who are diagnosed with dyskaryosis after a routine cervical smear (as part of the National Health Service Cervical Screening Programme; NHSCSP) undergo colposcopy for diagnosis and treatment of their pre-malignant changes. The extent of the treatment and the intervals of follow-up vary according to the severity of the dyskaryosis.

Women with low-grade findings, i.e. Grade 1 cervical intraepithelial neoplasia (CIN1) or borderline smear results, are called for a follow-up smear test after 6 months, and then again after a further 6-month period. If these smear tests are normal, they are returned to the NHSCSP, i.e. as for the normal population. This is generally for checks at 3-year intervals, although local policies may vary.

Women with high-grade changes, i.e. CIN2 or CIN3, are called for a repeat smear and/or colposcopy after 6 months. If this is normal, they are returned to the NHSCSP with a recommendation for annual smears for 10 years.

Although there is no evidence of risk, it would seem wise to avoid the use of electrical stimulation to the pelvic floor muscles (PFMs) during treatment and until one clear smear is reported.

On the basis that there is no evidence to the contrary, there appears to be no contraindication to the use of electrical stimulation to the PFMs in women who are undergoing cervical screening subsequent to successful treatment.

This statement is an opinion that was ratified by the members of the British Society for Colposcopy and Cervical Pathology (BSCCP) after their opinion was requested with a post on the BSCCP website on behalf of ACPWH.

The Association is grateful for the help of Mr Martin Lamb FRCOG, consultant obstetrician and gynaecologist, and Chair of Colposcopy Quality Assurance East Midlands.

**Association of Chartered Physiotherapists
in Women's Health**
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Reference

National Health Service Cervical Screening Programme (NHSCSP) (2004) *Colposcopy and Programme Management: Guidelines for the NHS Cervical Screening Programme*. [WWW document.] URL <http://www.cancerscreening.nhs.uk/cervical/publications/nhscsp20.pdf>