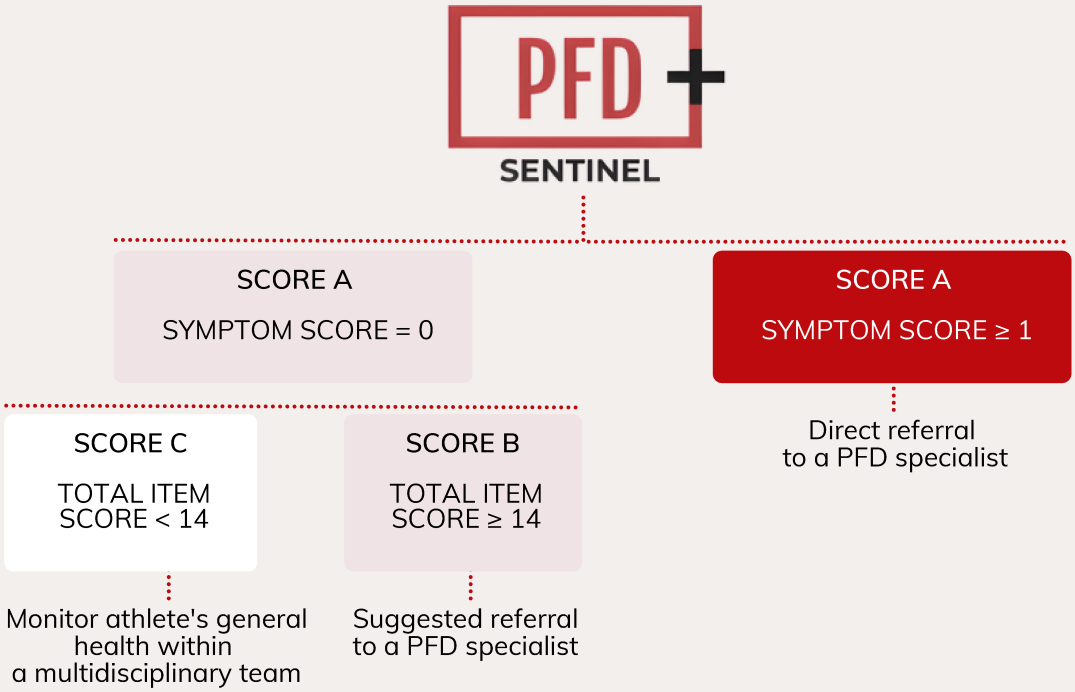
Pelvic Floor Dysfunction - Screening Tool in Female Athletes: PFD - SENTINEL

ATHLETE'S NAME

MAIN INFORMATION ABOUT THE TOOL

1	What it is	Screening tool for PFD in female athletes useful for guiding referral to a PFD specialist (e.g. pelvic floor/women's health physiotherapist, gynecologist, uro-gynecologist, urologist).
2	Why you should use it	The prevalence of PFD among female athletes is high. However, screening for potential dysfunctions is often delayed, a specific tool is lacking, and risk factors are not often evaluated. As consequences, withdrawal from sports, negative influence on performance, worsening symptoms and unrecognised diagnosis may occur. Facilitating the referral pathway, the implementation into clinical practice may represent the first step toward PFD specialist management.
3	Who should use it	Sports medicine clinicians: e.g. musculoskeletal/sports physiotherapists, sports medicine physicians, team physicians.
4	To whom it applies	Female athletes of any age, of any performance level, practicing any type of sports.
5	When to use it	Screening for referral should be conducted regularly.
6	What it includes	Two consecutive sections: 1) cluster of PFD symptoms, 2) items including risk factors, general clinical and sports-related characteristics.

THE TOOL ALGORITHM



CREDITS TO: GIAGIO S, SALVIOLI S, INNOCENTI T, GAVA G, VECCHIATO M, PILLASTRINI P, TUROLLA A.

INSTRUCTIONS

Check the box whether symptoms are reported and items are satisfied.
Score 1 point for each one.

PFD + SENTINEL

SYMPTOMS

Do you ....

- ☐ Usually experience urine leakage?
- ☐ Usually experience urinary urgency (that is a strong sensation of needing to go to the bathroom) usually accompanied by frequent urination and nocturia?
- ☐ Usually have a bulge or something falling out that you can see or feel in your vaginal area?
- ☐ Usually lose stool or gas beyond your control?
- ☐ Usually experience pain or discomfort in the lower abdomen or genital region?

SYMPTOM SCORE = ... /5

Whether none symptom is reported, you may proceed to the next section.

ITEMS

Clinical characteristics

- ☐ BMI < 18.5
- ☐ BMI > 30
- ☐ Childbirth
- ☐ Type of delivery: vaginal birth
- ☐ Diabetes mellitus
- ☐ Connective tissue disease
- ☐ Hypermobility syndrome
- ☐ Eating disorders
- ☐ Relative energy deficiency in sport (RED-s)
- ☐ Musculoskeletal disorders (e.g. Low back pain, hip pain)
- ☐ Medications (e.g. psychotropic medications, ACE inhibitors, diuretics)
- ☐ Menopause
- ☐ Hormonal therapy, oestrogen deficiency states
- ☐ Irregular menstrual cycle
- ☐ Constipation
- ☐ Nerve, muscle damage, tissue disruption (pelvic floor)
- ☐ Pelvic surgery, radiation
- ☐ History of urinary tract infections (LUTS)
- ☐ Family history of urinary incontinence (UI)
- ☐ Family history of pelvic organ prolapse (POP)

Sports-related characteristics

- ☐ Years of training/sport practice ≥ 9
- ☐ Age at start of training < 14 years
- ☐ Training hours/day ≥ 2
- ☐ Training hours/week ≥ 8
- ☐ Training frequency/week ≥ 4
- ☐ High-level sports/Athlete's national ranking
- ☐ Medium-impact sports (e.g. running, football, tennis, karate)
- ☐ High-impact sports (e.g. volleyball, basketball, gymnastics, powerlifting)

TOTAL ITEM SCORE = ... /28

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