

UROGYNECOLOGICAL ASSESSMENT

Name

First Name

Reason for consultation

Other

Lifestyle

Profession

Sport

Drink

Quantity

Medical history

Size

Weight

☐ Weight change

☐ Enuresis

☐ Diabetes

☐ Chronic bronchitis

Other diseases / Medicines / Food supplements

Urogynecological history

☐ Urinary Tract Infection (UTI) ☐ Vaginal infection

Frequency

Menstrual cycle ☐ Irregular ☐ Pain

Contraceptives

☐ Anterior perineal rehabilitation

Date

Type

☐ Menopause

Since

Treatment

Anorectal history

Bowel movement frequency

☐ Constipation

☐ Painful defecation

☐ Hemorrhoids

☐ Anal incontinence

☐ Gas

☐ Matter

Obstetrical history

Number of pregnancies

Date of last birth

Child's weight

Weight gain (mother)

☐ Cesarean section

☐ Peridural

☐ Forceps

☐ Episiotomy

☐ Tear

☐ SUI during pregnancy

☐ SUI after pregnancy

Family history

☐ Prolapse

☐ Urinary incontinence

Surgical history / Other

Symptoms

☐ Bladder weakness ☐ Prolapse ☐ Imperiosity ☐ Sciatica ☐ Coccyx pain

Other

General

Breastfeeding ☐ Yes ☐ No

Return of menses ☐ Yes ☐ No

Can keep a tampon ☐ Yes ☐ No

Vaginal sounds ☐ Yes ☐ No

Urination

Frequency

Day

Night

☐ Difficulty to urinate / Dysuria ☐ Abdominal thrust ☐ Trigger delay

☐ Difficulty holding back ☐ Imperiosity

Conclusion of the voiding calendar

Incontinence

Start date

Frequency

Rhythm/cycle

Aspect

☐ Stream

☐ Drop by drop

☐ Insensitive

☐ Belated

Incontinence ☐ Diurnal

☐ Nocturnal

☐ Continuous

Protection ☐ Occasional ☐ Permanent

Type ☐ Panty liner ☐ Protection ☐ Diaper

Effort (stages)

☐ 1 ⇒ ☐ Cough

☐ Sneeze

☐ 2 ⇒ ☐ Jump

☐ Gym

☐ Danse

☐ 3 ⇒ ☐ Walk

☐ Change of position

☐ Sexual relations

☐ Giggles

Hyperactivity

Permanent

☐ Yes

☐ No

Causes

Stress

Cold

Water faucet sound

Hands in water

Key in the door / doormat

☐ Urge

☐ Leak

☐ Urge

☐ Leak

☐ Urge

☐ Leak

☐ Urge

☐ Leak

☐ Urge

☐ Leak

Sexology

Sex life ☐ Yes ☐ No ☐ Dyspareunia Type
☐ Dysorgasmia ☐ Anorgasmia ☐ Vaginismus Since

Further investigations:

Cytobacteriological examination, urodynamics, ultrasound, MRI, EMG, etc..

Clinical examination

Date

Start

End

Global

Breathing

☐ Abdominal
☐ Thoracic

☐ Abdominal
☐ Thoracic

Posture

Abdominal wall

Perineal: Comment

A.V. distance

☐ Motricity

☐ Motricity

Skin appearance

Vulva

☐ Open ☐ Close

☐ Open ☐ Close

Scar

Anal margin

☐ Cough reflex
☐ Visible prolapse

☐ Cough reflex
☐ Visible prolapse

Perineal: Palpatory

Left sensitivity

☐ S2 ☐ S3 ☐ S4

☐ S2 ☐ S3 ☐ S4

Right sensitivity

☐ S2 ☐ S3 ☐ S4

☐ S2 ☐ S3 ☐ S4

Reflexes

☐ Anal ☐ Clitorido / anal

☐ Anal ☐ Clitorido / anal

☐ Centr. core tonic perineum
☐ Positive desc. perineum test
☐ Vaginal laxity

☐ Centr. core tonic perineum
☐ Positive desc. perineum test
☐ Vaginal laxity

Prolapse (degree)

☐ Cystocele

☐ Cystocele

☐ Urethrocele

☐ Urethrocele

☐ Rectocele

☐ Rectocele

☐ Dolichodouglas

☐ Dolichodouglas

☐ Hysteroptosis

☐ Hysteroptosis

Functional

- ☐ Init. contraction without instructor
☐ Directed initial contraction

- ☐ Init. contraction without instructor
☐ Directed initial contraction

Deep plane

Slow-twitch fibers

Holding time

Holding time

Fast-twitch fibers

☐ Fast and powerful

☐ Fast and powerful

Number of repetitions

Superficial plane

Slow-twitch fibers

Holding time

Holding time

Fast-twitch fibers

☐ Fast and powerful

☐ Fast and powerful

Number of repetitions

Asymmetry

Sensitivity

Deep plane

Superficial plane

Contraction

Deep plane

Superficial plane

Synchronization

☐ Cough test

☐ Cough test

☐ Effort test

☐ Effort test

☐ Inverted perineal command

☐ Inverted perineal command

Synkinesis

Synergies