POPQ and POPstix

Dr Lynsey Hayward
Middlemore Hospital
Auckland
Pelvic Organ Prolapse

• A common condition known to affect at up to 50% of parous women.

• An estimated 10% of women undergo surgery for the management of prolapse.

• In order to compare surgical outcomes and communicate with colleagues about the site and severity of prolapse we need a reliable tool eg, your medium may be my large!!
Baden Walker halfway system

- Doesn’t give good understanding of site of prolapse
- Not as reproducible as the POPQ
- Doesn’t give a measure of cervical elongation
- Not recommended for use by international societies

Ill say no more as I may confuse!!!
Until 1996 no standard validated system for the assessment of pelvic organ prolapse existed.

Bump et al developed the pelvic organ quantification (POP-Q) system to provide a standardised method of examination and reporting.
The POPQ system:

- Accepted as the standard classification system of pelvic organ prolapse

- Objective, site-specific system for describing, quantifying and staging pelvic organ prolapse.

- Proven intraobserver & interobserver reliability, good reproducibility
POPQ Significance

Standardization of prolapse assessments enables:

• Effective communication among clinicians.
• Reproducible evaluation of surgical outcomes.
• Meaningful comparison of published series.
• Comparisons of different populations
POPQ Points... don’t be scared!!!
How to do the POPQ..

• ALL POPQ points except TVL are measured at maximum valsalva.

• All points should be measured to the nearest 0.5cm.

• The hymen is the key point to measure from.
  • Minus means above the hymen.
  • Plus means below the hymen.

• Write down as you go or you will forget your recording!!
POPstix Measuring Device
• Start your examination by measuring TVL
• Then do points C and D
• Split the speculum to measure Aa, Ba, Ap and Bp
• Finally remove the speculum and do point Gh, and Pb
POPQ measurements
A is for anterior compartment
POPQ measurements
P is for posterior compartment
POPQ measurements
Points C and D allow you to compare between a uterine prolapse OR an elongated cervix

If you have had a hysterectomy you have NO point D
POPQ measurements
The Stages

Measurements are used to stage the degree of prolapse into four ordinal stages ranging from:

- **Stage 0**: no prolapse
- **Stage I**:
- **Stage II**:
- **Stage III**:
- **Stage IV**: procidentia or complete vault eversion
How to record the POPQ

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<th>Tvl</th>
<th>C</th>
<th>D</th>
<th>Aa</th>
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<th>Bp</th>
<th>Gh</th>
<th>Pb</th>
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As a list...

**Grid or illustration**

[Diagram of the POPQ grid and illustration with labels]
Don’t examine patients for POPQ whilst asleep in theatre. The patient has to be awake to do a Valsalva. This a POPQ stage 4 prolapse for all compartments.