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Review of risk factors for primary pelvic organ prolapse

***¹Dr. S. Kameshwaran, ²Dr. N. Sriram**

^{1, 2}Associate professor, SRM Institute of Science and Technology, Chennai, Tamil Nadu, India

**Corresponding Author: Dr. S. Kameshwaran
Email: skameshwaran.79330@gmail.com*

Abstract:

To update a previously published systematic review and perform a meta-analysis on the risk factors for primary pelvic organ prolapse and prolapse recurrence. Randomized controlled trials and cross-sectional and cohort studies conducted in the Western developed countries that reported on multivariable analysis of risk factors for primary prolapse or prolapse recurrence were included. The definition of prolapse was based on anatomic references, and prolapse recurrence was defined as anatomic recurrence after native tissue repair. Studies on prolapse recurrence with a median follow-up of ≥ 1 year after surgery were included. Quality assessment was performed with the Newcastle-Ottawa Scale. Data from the previous review and this review were combined into forest plots, and meta-analyses were performed where possible. If the data could not be pooled, “confirmed risk factors” were identified if ≥ 2 studies reported a significant association in multivariable analysis. Vaginal delivery, parity, birthweight, age, body mass index, levator defect, and levator hiatal area are risk factors, and cesarean delivery and smoking are protective factors for primary prolapse. Preoperative prolapse stage and younger age are risk factors for prolapse recurrence after native tissue surgery.

Keywords:

Anatomy, forest, plot meta-analysis, native tissue repair, pelvic organ prolapse, Pelvic Organ Prolapse Quantification system, primary prolapse, prolapse recurrence, risk factors, surgery, systematic review