

Comment je fais un ...

POP-Q

Xavier Deffieux

Hôpital Antoine Béchère, Clamart

C'est quoi un « POPQ » ?

Quantification des colprocèles

Vessie vide / rectum vide

Efforts de poussée

Valves / hémi-spéculum

Position gynéco +/- debout

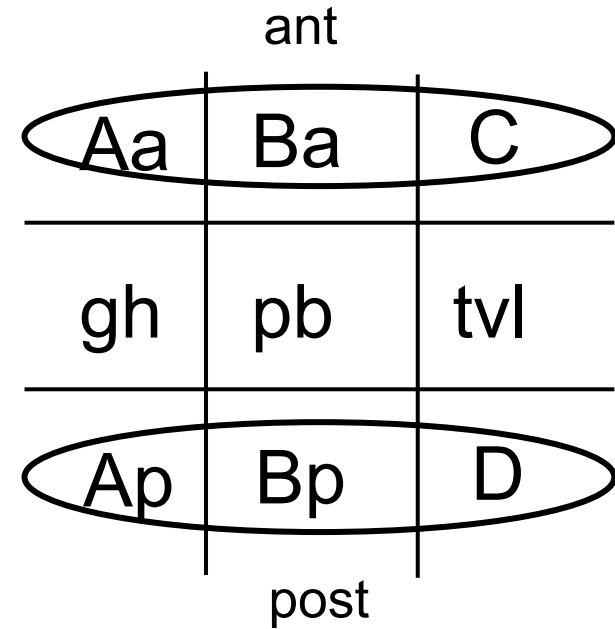
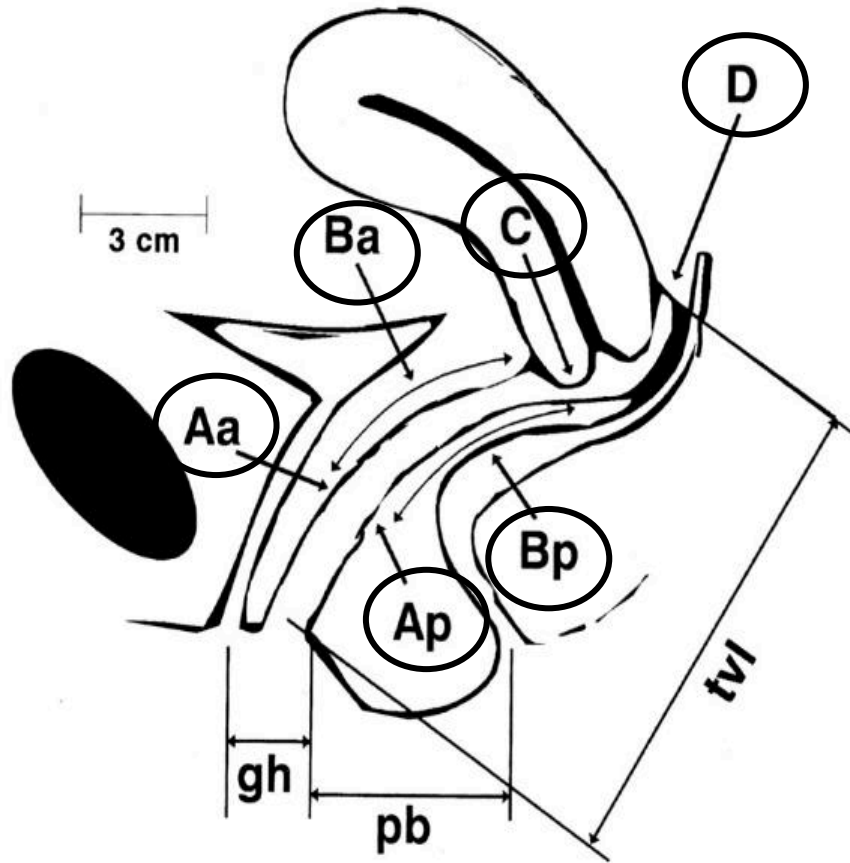


6 points localisés (cm) par rapport à l'hymen + **3 mesures**

*Bump et al. The standardization of terminology of female pelvic organ prolapse and pelvic floor dysfunction.
Am J Obstet Gynecol. 1996 Jul;175(1):10-7.*

*Haylen et al, An International Urogynecological Association (IUGA)/International Continence Society (ICS) joint report on the terminology for female pelvic floor dysfunction.
Int Urogynecol J. 2010 Jan;21(1):5-26.*

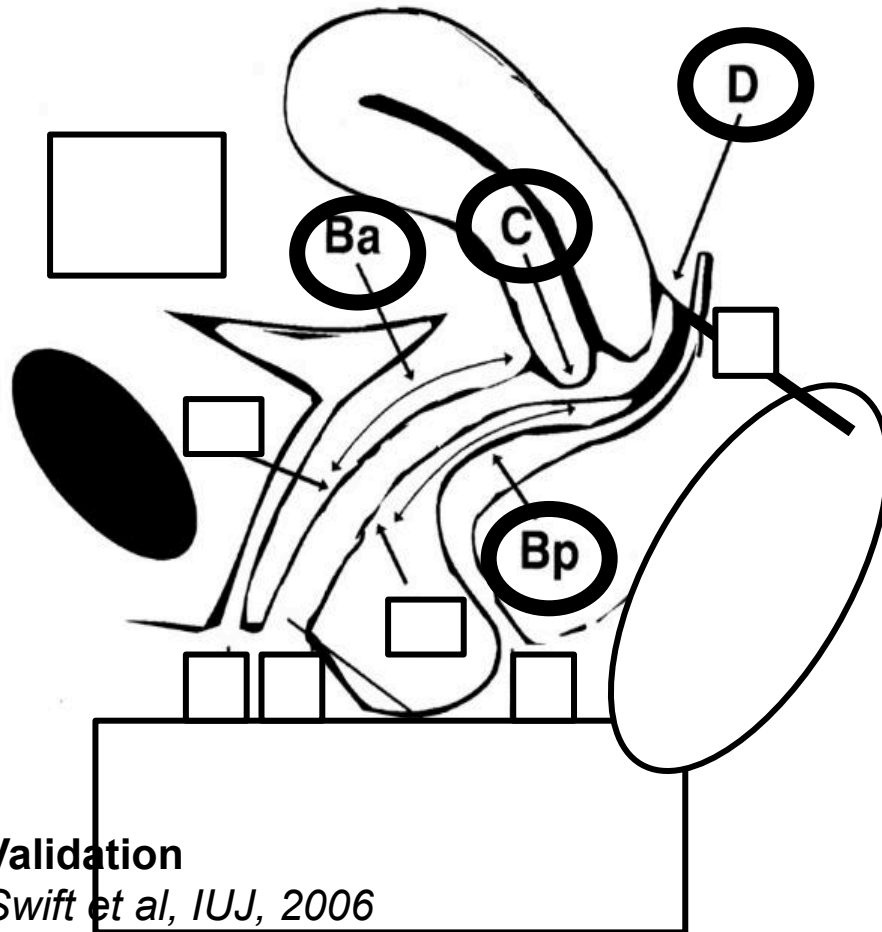
Classification POP-Q



- | | |
|-----------|---------------------------------------------------|
| Ba | sommet paroi antérieure |
| Bp | sommet paroi postérieure |
| C | col utérin / cicatrice hystérectomie |
| D | c-d-s vaginal postérieur
(NA si hystérectomie) |

Aa / Ap 3 cm en dedans de l'hymen

Classification POP-Q simplifiée



Validation
Swift et al, IUJ, 2006

	ant	col
	Ba	C
	Bp	D
	post	apex

4 point

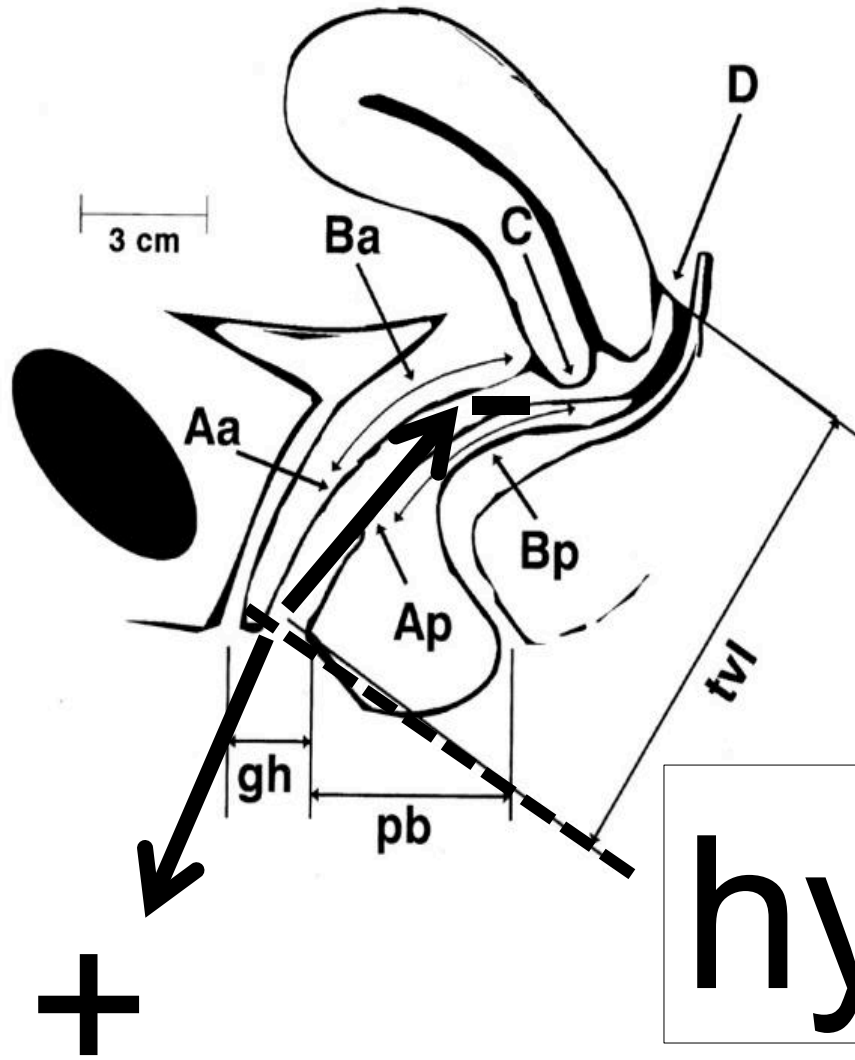
A l'estime

Ba et Bp : milieu de la paroi vaginale

Uniquement 3 points si hystérectomie

Excellente reproductibilité intra- et inter-observateur

Parekh et al, IUJ, 2011

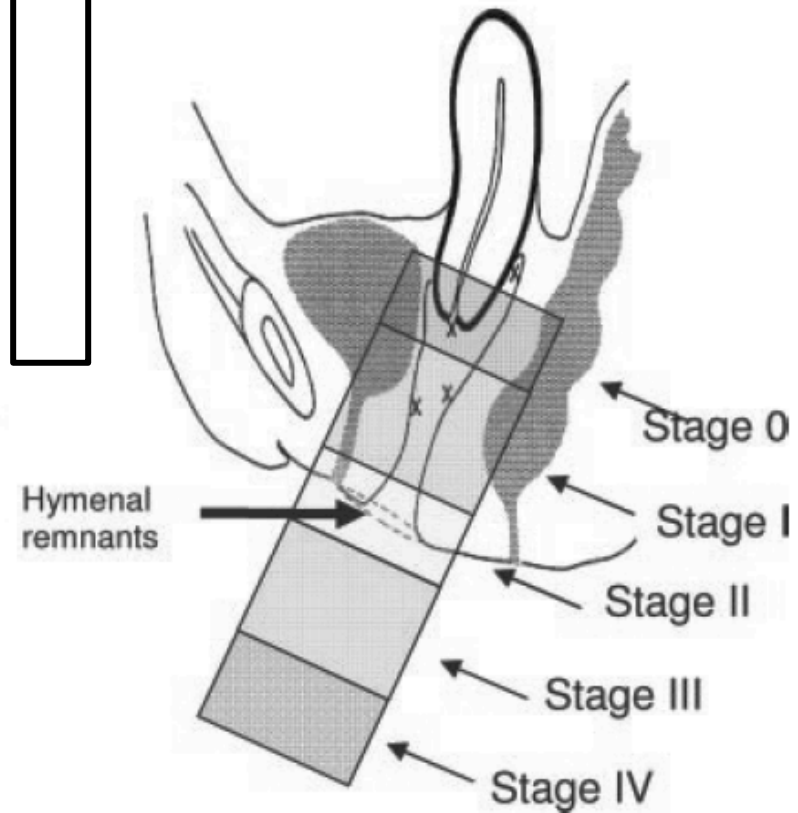
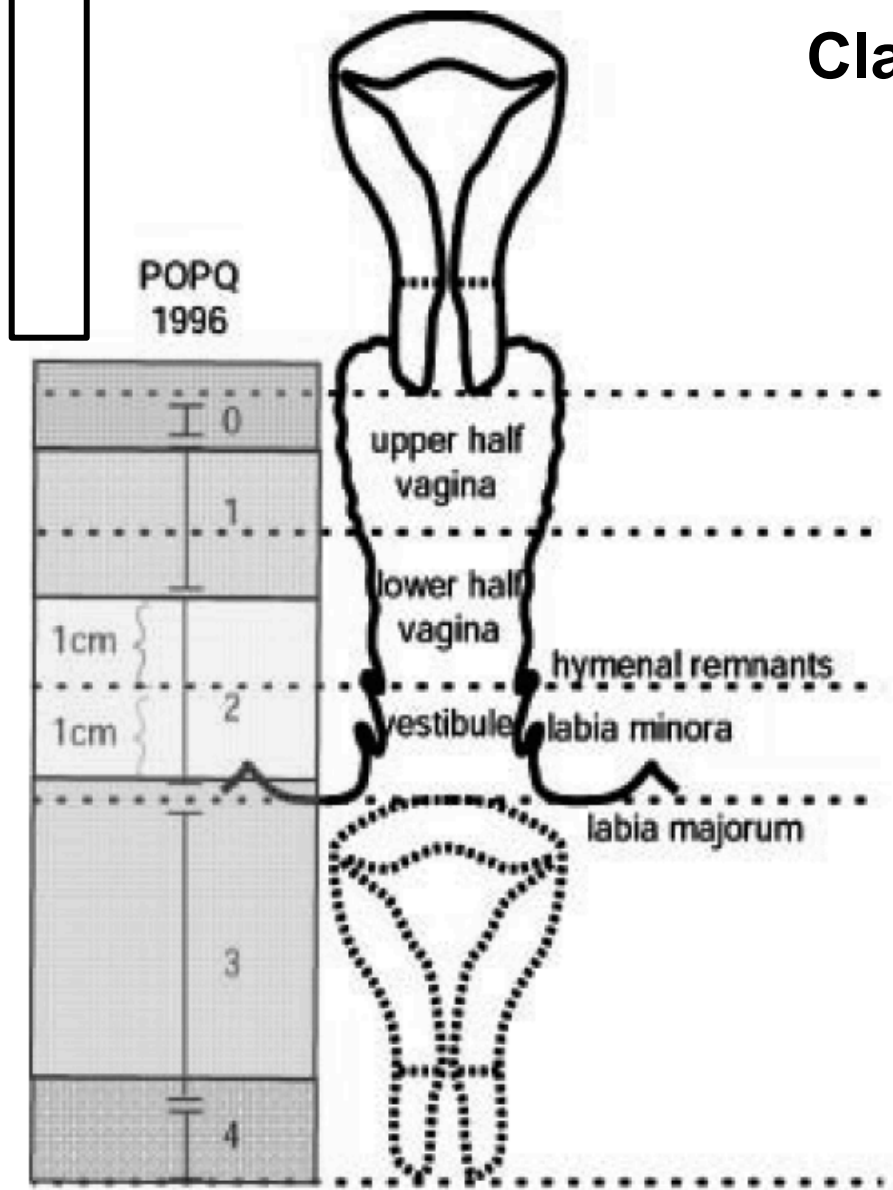


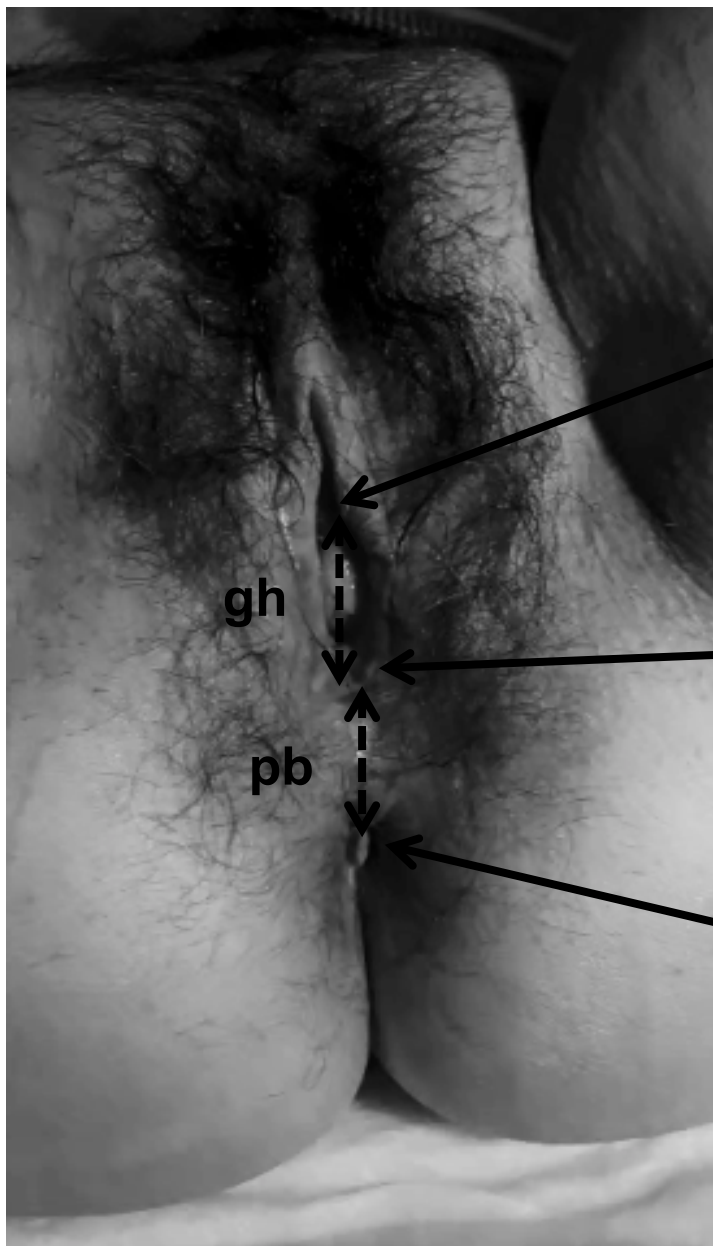
Aa	Ba	C
Ap	Bp	D

hymen = 0



Classification en stade





urètre

gh hiatus génital

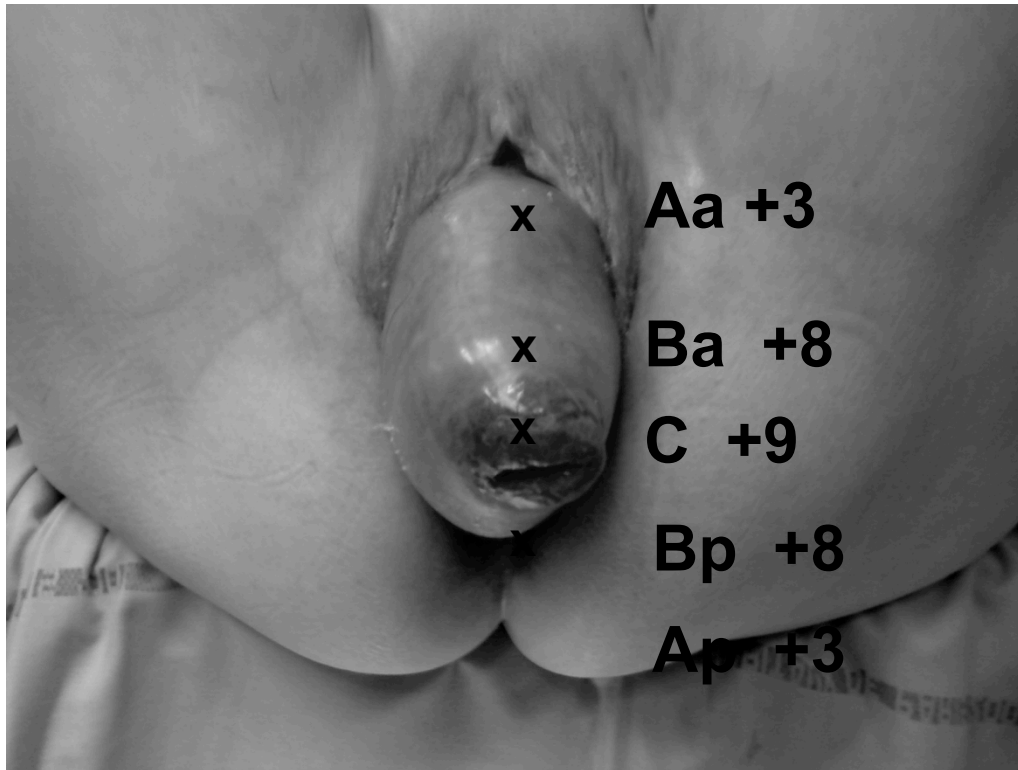
fourchette vaginale postérieure

pb distance ano-vulvaire

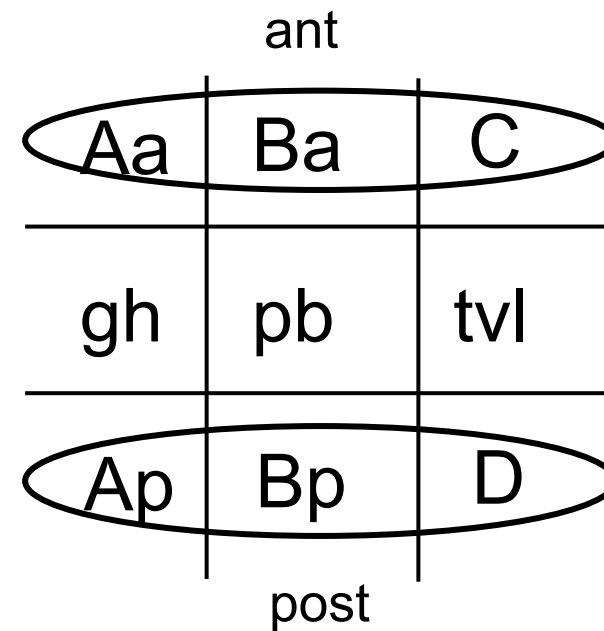
anus



Prolapsus stade 4



+3	+8	+9
		9
+3	+8	+9











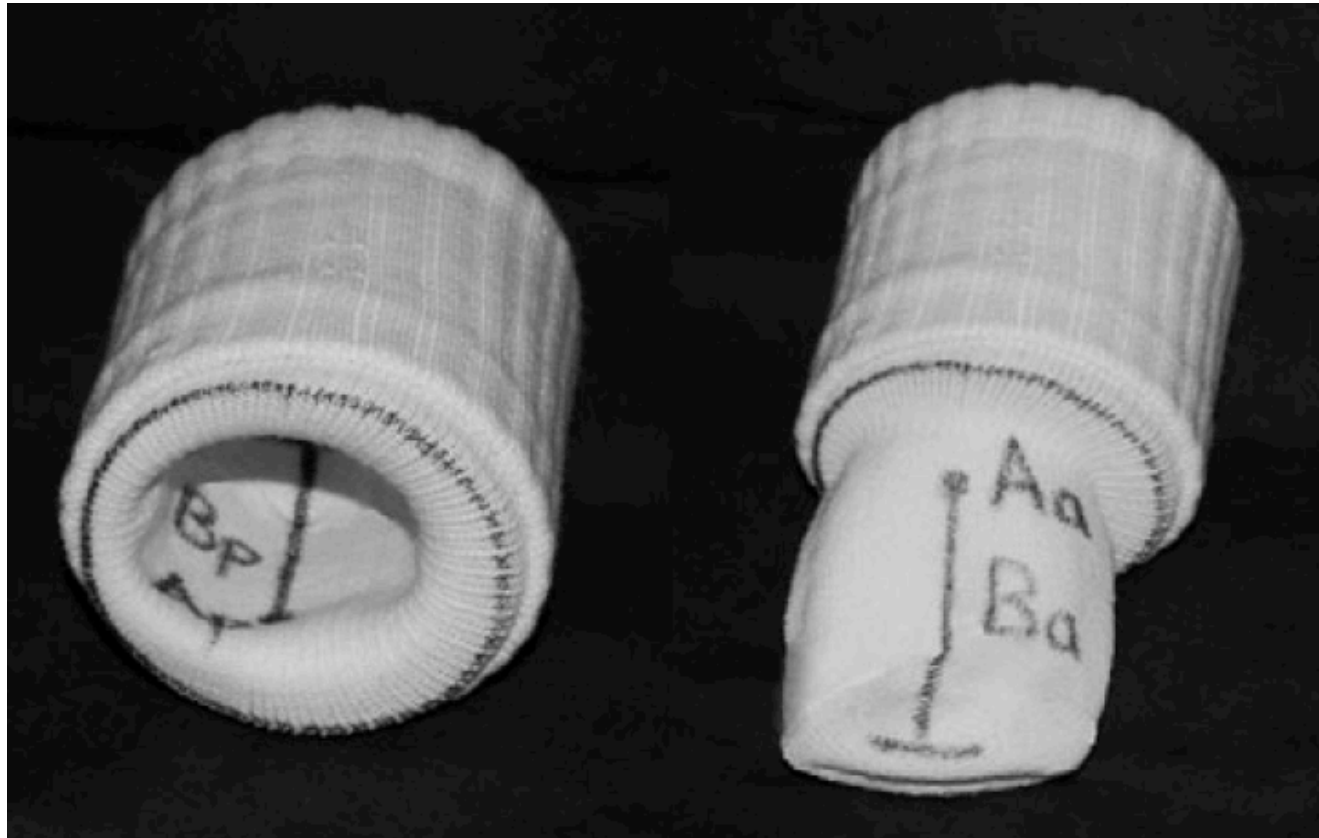
Comment s'entraîner ?

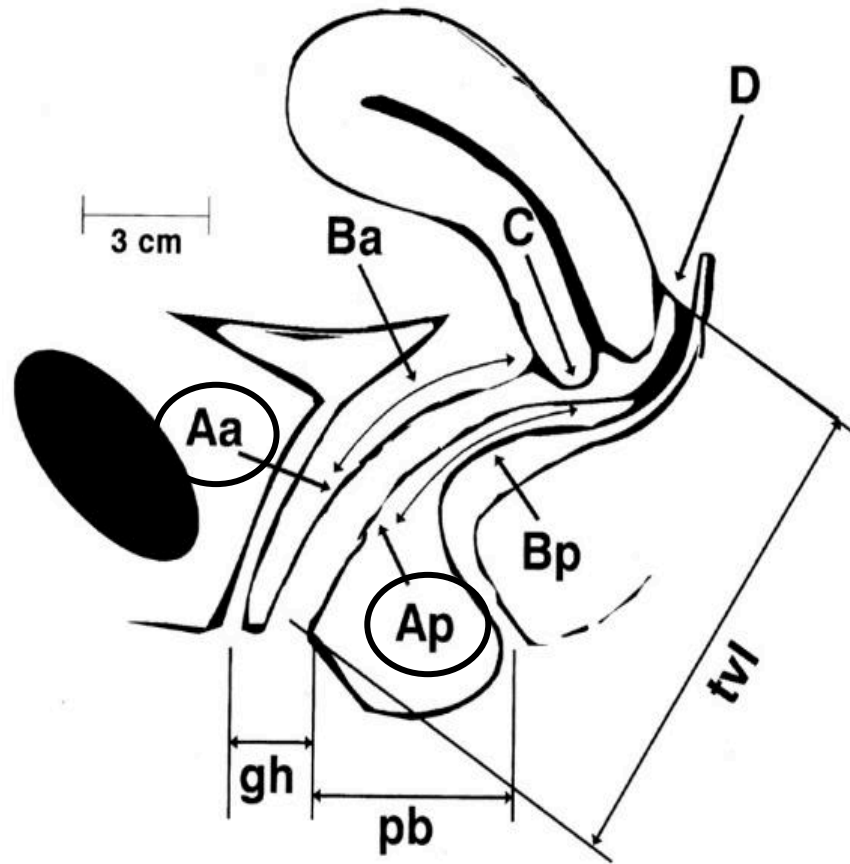
Int Urogynecol J (2011) 22:367–370
DOI 10.1007/s00192-010-1299-6

ORIGINAL ARTICLE

A novel approach to teaching the pelvic organ prolapse quantification (POP-Q) exam

Brent A. Parnell • Gena C. Dunivan •
Elizabeth J. Geller • AnnaMarie Connolly





Aa: jonction uréthro-vésicale (col)

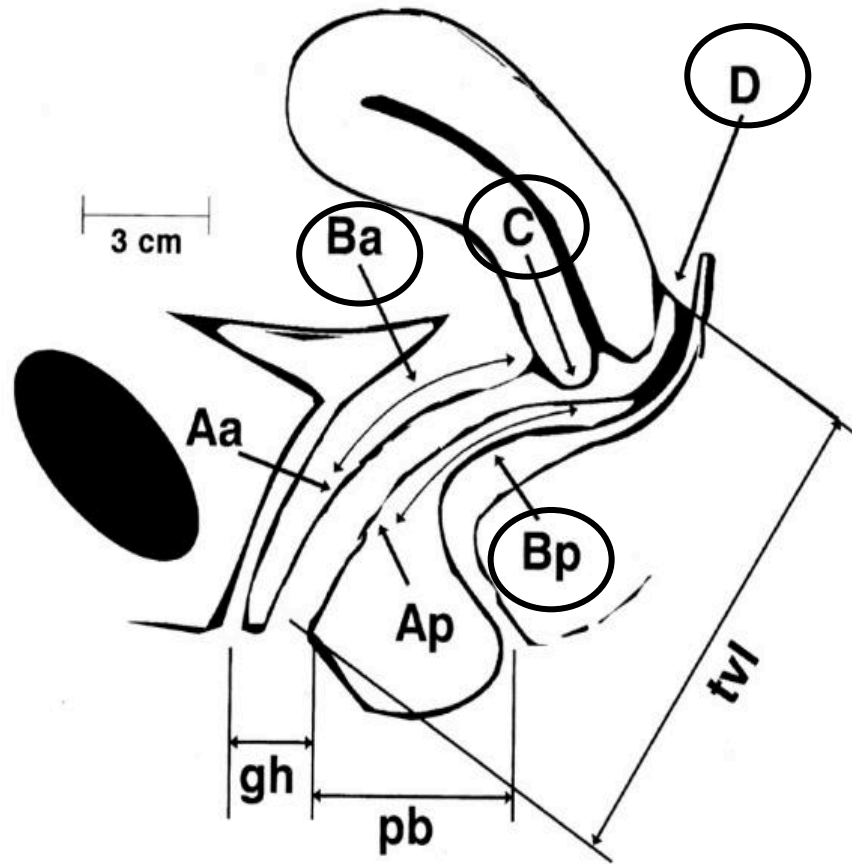
Paroi vaginale antérieure

3 cm en dedans de l'hymen

Ap: partie basse de paroi post

Paroi vaginale postérieure

3 cm en dedans de l'hymen

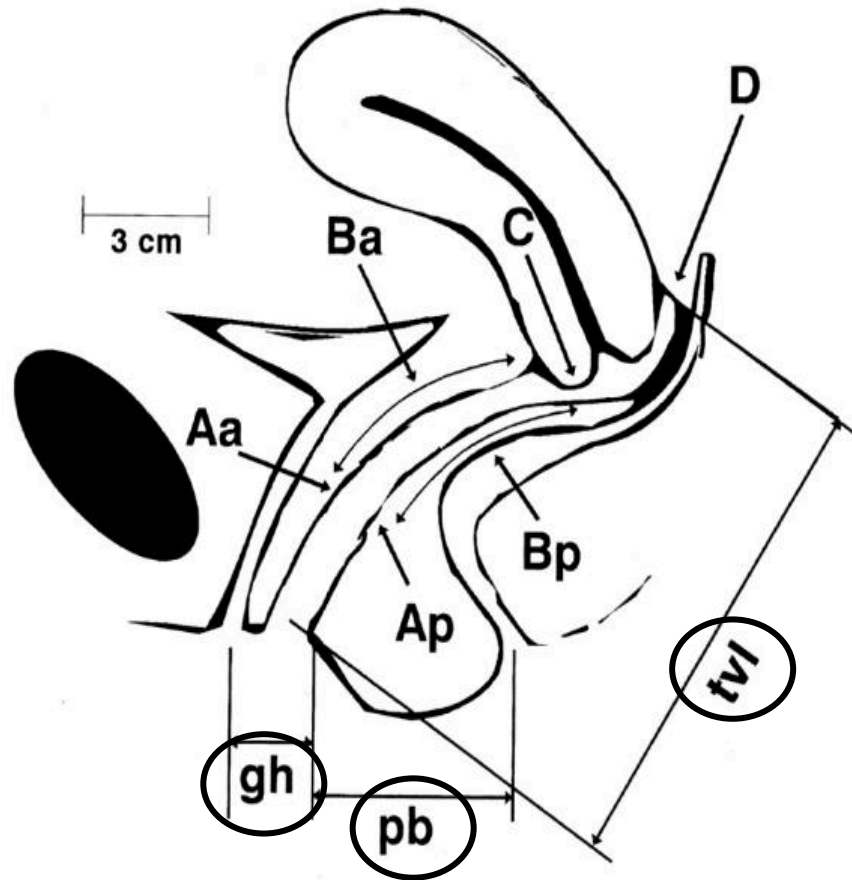


Ba sommet paroi antérieure

Bp sommet paroi postérieure

C col utérin
ou cicatrice hystérectomie

D c-d-s vaginal postérieur
(NA si hystérectomie)



gh

hiatus génital

pb

distance ano-vulvaire

tlv

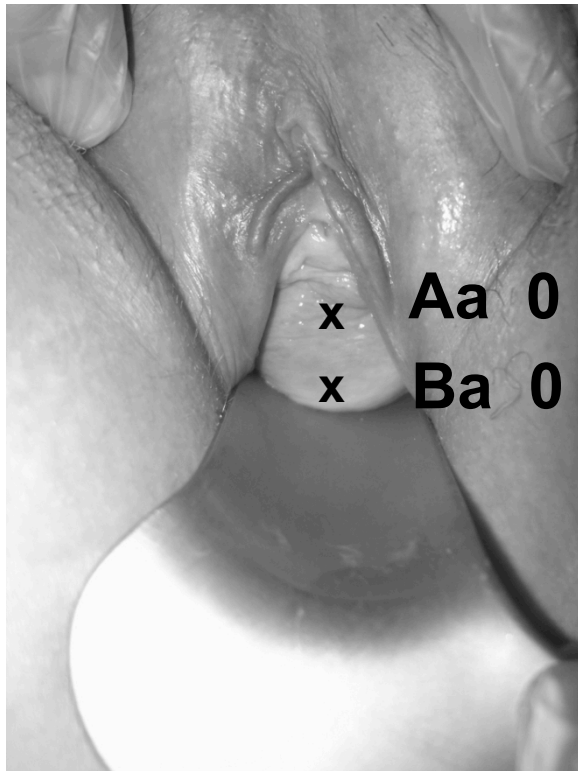
longueur vaginale totale

gh = genital hiatus

pb = perineal body

tlv = total vaginal length

Cystocèle stade 2



0	0	

ant

Aa	Ba	C
----	----	---

gh	pb	tvI
----	----	-----

Ap	Bp	D
----	----	---

post

