

Introductory course on
Physiotherapy for Pelvic Floor Dysfunction

11th – 12th December, 2009 (Friday & Saturday)
9:00 am – 5:00 pm

Venue: Al Wasl Hospital, Dubai, UAE

Course Instructor: Shereen Sam [MHLthScEd (Hons), PGCertPhty (Incontinence and Pelvic floor Rehabilitation)], Senior Physiotherapist, Al Wasl Hospital, Dubai, UAE.

Target Audience

- Participants should be physiotherapists preferably with some working knowledge and skills in women's health physiotherapy. (Although this is not mandatory).
- Participants should be female physiotherapists.
- As this course involves lab work where course attendants will work in groups of 2-3, attendants should be willing to participate as both the patient and the clinician.
- Participants who are pregnant are advised not to enroll in the course.

Course Description

Urinary Incontinence in women affects at least 40% of the population. While symptoms of both stress incontinence and urge incontinence are prevalent, physiotherapists most often come across patients with symptoms of stress incontinence. Prevalence studies show that at least one in four women who have had a baby may suffer from stress incontinence of varying severity.

Although pelvic floor weakness has been labeled as one of the causes of stress urinary incontinence recent studies have shown that pelvic floor hypertonia, chronic low back pain and pelvic girdle pain as a result of core stability dysfunction may also lead to complaints of stress incontinence.

Physical therapy intervention has been proved as the first choice of management of stress incontinence. In order to make an appropriate diagnosis for physiotherapy management, a careful objective assessment and evaluation of pelvic floor function is also necessary for clinical reasoning.

This course aims to equip the participant with the knowledge and skills necessary to conduct the assessment of patients with urinary incontinence. This is course designed to equip physiotherapists with an interest in women's health with the basics of pelvic floor assessment and treatment.

A brief review of the structure and function of the pelvic floor along with the factors responsible for maintaining continence will be given. The role of core stability muscles in the continence mechanism and the role of pelvic floor for core stability will also be covered in brief. The subjective and objective physiotherapy assessment of pelvic floor function discussed will include use of Modified Laycock scale vs. Brink scale, perineometer and sEMG as well as quality of life assessments. Assessment of core stability function using ALSR and ultrasound will also be introduced.

Day 2 covers clinical reasoning strategies for management including the various interventions, indication and contraindications for these including functional electrical stimulation, vaginal cones, pressure and sEMG biofeedback and pelvic floor muscle training.

In order to maximize the learning from the course, physiotherapists who have been or are working in women's health but are not familiar with objective assessment of pelvic floor are encouraged to join. Although this is a basic level course, pelvic floor assessment by vaginal examination as well as treatment will be covered in the lab sessions. Hence participants should be willing to be both clinician and patient during the lab sessions.

Course Objectives

At the end of the course the participants should be able to

- Define and classify pelvic floor dysfunction
- Use standard terminology in pelvic floor function, dysfunction, assessment and rehabilitation
- Demonstrate knowledge of anatomy, mechanisms of continence and biomechanics of pelvic floor function.
- Describe the contribution of pelvic floor to core stability and intra abdominal pressure
- Describe and perform pelvic floor muscle evaluation techniques with observation, vaginal palpation, and SEMG biofeedback.
- Assess core muscle stability in a patient with pelvic floor dysfunction
- Identify treatment principles for pelvic floor dysfunction.
- List appropriate outcome measure tools for urinary incontinence, pelvic organ prolapse and pelvic pain.
- List precautions, contraindications, universal precautions for pelvic floor examination and treatment.

- Identify treatment goals for pelvic floor rehabilitation based on collaborative decision making.
- Formulate outcome based treatment plans for patients with pelvic floor dysfunction.
- Identify appropriate interventions based on evidence based practice and objective assessment
- Apply treatment with therapeutic modalities and tools using safety guidelines including electrical stimulation, biofeedback (manometric, digital and electromyography), vaginal cones.
- Educate patients with pelvic floor dysfunction with specific pelvic floor muscle training.
- Demonstrate knowledge of bladder training and behavioral therapy

Please Note:

The labs of the courses are critical components to the acquisition of skill and knowledge. You are required to participate in the labs. All participants should come prepared to be both “patient” and therapist during internal vaginal examination.

Course Schedule:

Day 1

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| 9:00-10:30 | Clinical Anatomy and physiology- Review |
| 10:30-11:00 | Mechanics of Incontinence Core stability muscles for continence |
| 11:00-11:15 | BREAK |
| 11:15-11:45 | Etiology and Classification of urinary Incontinence |
| 11:45 -13:00 | Assessment- Theory |
| 13:00-14:00 | LUNCH |
| 14:00-16:30 | Assessment - Practical |
| 16:30-17:00 | Discussion |

Day 2

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| 9:00-10:00 | Physiotherapy Intervention |
| 10:00-10:45 | Case studies and discussion |
| 10:45-11:00 | BREAK |
| 11:00 -13:00 | Physiotherapy intervention- guidelines |
| 13:00-14:00 | LUNCH |
| 14:00-16:00 | Physiotherapy treatment practical |
| 16:00-16:45 | Case studies |
| 16:45-17:00 | Discussion + Course Evaluation |

Course Readings:

A manual/CD with course handouts, readings and reference lists will be given. Participants are encouraged to review their knowledge of anatomy and physiology of the female genitourinary system prior to attending the course.

Course Fees:

EPS Members: AED 600/-

Non-EPS Members: AED 800/-

(Course fees covers refreshments, learning materials as well as vaginal electrodes and pressure probes which will be used in the practical session)

The course is limited to 16 participants

About the course facilitator:

Shereen Sam graduated with a Bachelor of physiotherapy from India in 1999. After working for two years in clinical practice, she joined the Gulf Medical College as a Lecturer in physiotherapy. It was during this period that she became interested in women's health and hence completed a Post Graduate Certificate in Physiotherapy (Incontinence and Pelvic floor rehab) from the University of Melbourne, Australia in 2004. In 2006 she completed a Masters in Health Science (Hons) from the University of Sydney, Australia where she then specialized in Clinical education as well. She has been working and teaching in Women's Health since 2004, in addition to her role as a physiotherapist in a generalist capacity. In 2008 she joined the Rehabilitation Section of Al Wasl Hospital, Dubai. Her interests include pelvic floor rehabilitation for stress incontinence and pelvic organ prolapse as well as management of pregnancy and post partum pelvic girdle pain and chronic pelvic pain.